Chichester Herald

Friday 2 August 2013
YOUR FREE WEEKLY NEWSPAPER

Theatre in the park
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Win 2 tickets to see The Wolverine
COMPETITION
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Win a meal for 2 at The Ship Hotel
COMPETITION
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Pagham's unwelcome visitor

>> *High risk man works next door to children's holiday park*

Suzanne Rust
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

A MAN who was described by a judge as a 'high risk of serious harm' to girls after abusing a teenager – is now doing community service at a local church, next door to a popular holiday park.

Nicholas Onofrio, a children's disco DJ, walked free from court in May despite sexually abusing a 15-year-old girl in bushes after a judge said his crime was not serious enough for jail. He is now working one day a week at a church in Pagham as part of his community order.

Mr Onofrio, 52, attacked the teenager outside a roller disco party he was DJing at in Littlehampton, West Sussex, last year.

But, despite branding him a "high risk of serious harm" to girls, Mr Justice Mackay said unpaid work was punishment enough for the unrepentant sex offender.

Locals to Pagham have spoken of their disgust at the news of Onofrio working in the area. One said, 'Church Farm Holiday Park is just yards away from the church with thousands of kids there at this time of year – whose brainless decision was this?' Another branded the news as "Disgrace – some other young person will fall victim", whilst another was in disbelief that he had been posted to a church of all places.

Leaving the court back in May with a group of supporters, Onofrio hid his face from photographers. One of his companions stuck her middle finger up at the camera while other supporters smirked.

The mobile phone shop manager, who calls himself DJ Nicko and claims to have done nothing wrong, pounced on the girl.

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n bushes

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Local News

Ride2Chi event deemed a BID success with over £500 raised for Sussex Air Ambulance

CHICHESTER CITY CENTRE PARTNERSHIP has announced that the first ever Ride2Chi event has been deemed a success for all partners involved including Chichester Chamber of Commerce, Motorcycle Action Group and sponsor CMW Motorcycles, as well as city centre retailers, with over £500 raised for Kent, Surrey and Sussex Air Ambulance during the day.

The idea was brought to the City Centre Partnership by two members of Chichester Chamber of Commerce who are also avid motorcycle fans. Kim Long, City Centre Manager comments: "These are just the sort of ideas we love to help make happen. They take an enormous amount of time and effort on the part of the BID, but they're free for people to attend, they're free for people to take part in, they encourage people to come to Chichester and, importantly, they encourage people to spend money in our shops and restaurants. And with the feedback we're getting, we believe this mix is spot on – this is the right type of event for Chichester."

Farid Ahmed, past Chichester Chamber of Commerce President and a motorcycle enthusiast, had the idea with a fellow Chamber member and key organiser Mark Hooper, and was thrilled when Kim Long said it would be possible to do, although they hadn't foreseen the level of work involved to bring this idea to reality.

Farid comments: "Without the support and involvement of the BID team, this event wouldn't have happened. We had an idea which seemed fairly simple to do, but the logistics of partnership working, as well as the health and safety permitting and insurance issues we faced were quite considerable. Kim Long's tenacity and experience in putting events like this into place were invaluable and we're pleased to have been able to achieve it – and raise £545.85 for the Kent, Surrey and Sussex Air Ambulance."

The Chamber of Commerce and the City Centre Partnership were keen to involve city centre businesses in the event and were pleased when CMW Motorcycles agreed to sponsor the event plus there were discount vouchers for the participating bikers from West Cornwall Pasty Company, Montezumas, Trents, the Real Burger Kitchen, Charlie Harpers, Knife & Fork, The Fountain, Spires Bakery & Coffee Shop and Hornet Tattoo Studio.

All partners look forward to repeating the event again next year.

Bikes line up along East Street, Chichester during Ride2Chi event

Continued from page 1

...when he went outside for a cigarette during the roller disco.

As her friends and other youngsters partied inside, Onofrio invited the girl to look into some bushes, then grabbed her and "touched her inappropriately against her will", the Royal Courts of Justice heard.

He told her: "I can't wait until all those girls in there are 16," before continuing to make sexual remarks.

She eventually managed to break free from his grasp and get to safety. She did not tell anyone about the incident until she confided in a school friend a couple of days later, but has since been shunned by some of her former best friends, the court heard.

"She lost what most young women regard as the most important part of their lives, the close friendship of other girls of their age," said Mr Justice Mackay.

Onofrio, who is in a long-term relationship, appeared for sentencing and denied sexual activity with a child at Lewes Crown Court, but was convicted by a jury in May.

Although the trial was heard in East Sussex, the sentencing took place in London as that is where the judge was sitting at the time.

After the trial, the defendant was assessed by a probation officer, who said in a "disturbing" report that he still poses a "high risk of serious harm to adolescent females", the judge said.

"I am concerned about the risk you pose on a continuing basis to girls and young women on occasions such as these," he continued.

But, because the activity did not go beyond a low level of seriousness, prison was not necessary, he said.

"In view of the nature of the conduct you had with her, interrupted as you may have been, this isn't sufficiently serious as to warrant a custodial sentence."

The judge imposed a community order with 18 months' supervision and ordered Onofrio, of Littlehampton, to do 100 hours of unpaid work.

He also passed a sexual offences prevention order, banning him from unsupervised contact with children other than with their parents' consent.

"I am satisfied it is necessary to protect such persons from serious harm because it is the view of the writer of the pre-sentence report, and it is my view, that you present a high risk of such harm to adolescent girls," said the judge.

Anorak Corner

Did you know? A taster of Chichester facts and figures...

The author and science fiction novelist H.G. Wells lived in Midhurst during the 1880s. He worked briefly as an apprentice at a chemist and a few years later he joined the Midhurst Grammar School where he was both a pupil and an assistant teacher.

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@Cikka87
"Just come back from an amazing production of #Barnum at the Chichester Festival. Great show!"

@mikki_collins
"Ahhh got my uni accommodation, starting to make this all more realistic! #chichester"

@FawnedYogi
"We went to Chichester Cathedral yesterday. It was rather lovely."

@seasaltclothing
"We are delighted to announce that our new store in Chichester is officially open!!! Why not pop in and say hello!"

@jjhutchings
"@Craiggles11 I do enjoy the F major evening service" to be honest. It was a favourite of mine to play at Chichester."

Follow us: @chiherald

They looked at me a bit funny, who cares?

Tommy Boyd

The tree in Priory Park

CHICHESTER
So when you think 'Chichester' what picture do you get? It's the shops isn't it?

ORGANIC VEG IN CHICHESTER
Suddenly there's a huge Manuka moved up from Saddler's to the Boardwalk where the Bridal Gown shop was before it moved to where Marco's was, they sell proper tomatoes and lettuce and the rest. And another organic veg shop next to where the little stall selling organic veg could be seen near Clinch's Restaurant, opposite the side entrance of The Ship. So we're on our way with food shops in Chi, that bakers in South St has hung in there, how 'bout a fresh fish shop! C'mon!

WASHING UP
We will never advance as a species while the majority of human beings think that placing the cup in the sink means they've washed up after themselves. They know who they are.

AND ANOTHER THING
And another thing, why do men's t-shirts have such wide sleeves. They make your arms look like string. Are there really men with 40 inch chests and 15 inch biceps?

PARKING
Eric Pickles wants to make it legal to park on double yellows for 15 mins to regenerate high streets. There's something in this. If I'm in Robert Dyas for light bulbs, I see a nice broom and a wok for sale I might buy them, but can I carry them a quarter of a mile to the car park?

PEDESTRIANISATION
Could we allow cars driven very slowly onto North St and East St to pick up goods? Why not? We allow electric scooters.

BUSKERS IN CHICHESTER
The standard is slipping. Too many with huge amps and speakers - it should be acoustic only. Youths lying down strumming and warbling. Three-chord merchants with two songs. Karaoke. I saw 3 acrobats who actually got a crowd of about seven but they were shamelessly trying out new ideas while apparently collecting money for that.

CRANE STREET
Continues to fly the flag, if a bit top heavy with charity shops. Newest arrival is Spanish Tapas outlet lovely. They looked at me a bit funny in the Coral eating octopus...who cares!

LOVE
In Priory Park a youngster we were showing round started climbing a massive tree stump. It must be six feet wide, the tree would be hundreds of years old. On one side is a massive heart. It's hollow now so the heart stands out all the more. It's about three feet. It was probably once about six inches big when it was carved. If that's what it is - a carved heart. I think it is because on one side of it is the letter "I" and on the other an "S".

JOKE
Why are politicians like nappies?
They both need changing regularly for the same reasons.

Let us know what you think @chiherald

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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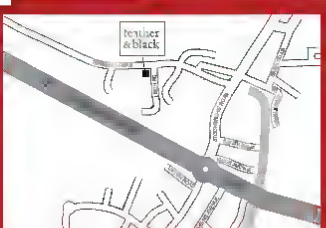

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Chichester man pleads guilty to benefit fraud

A MAN has been ordered to undertake community work and has been given an 18 week suspended prison sentence, after falsely claiming nearly £24,000 in benefits

Kevin Blows, who previously lived at Phoenix Close, Chichester, was claiming housing benefit, council tax benefit and pension credit for himself and his wife. Yet, Mr Blows had not declared that his wife owned a property in Farnborough worth over £100,000.

Mr Blows was caught following a joint investigation between Chichester District Council and The Department for Work and Pensions. He was overpaid £7,292.05 of housing benefit; £176.50 of council tax benefit, and, £14,033.35 of pension credit guaranteed credit

Mr Blows appeared at Worthing Magistrates Court on 28 June 2013 and pleaded guilty to three charges for dishonestly failing to disclose information he had a legal duty to reveal (contrary to sections 1 and 3 of the Fraud Act 2006)

On 25 July 2013 Mr Blows was sentenced to 18 weeks imprisonment, which was suspended for two years, ordered to undertake 200 hours of work in the community; and pay £85 costs.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says: "If you are in receipt of benefit payments and your circumstances change then please let us know as soon as possible. Our officers can then check whether this affects your benefit. It can be easy to remember to do this if your circumstances change for the worse, but you must also tell us if they change for the better.

"The benefits system is there to help those most in need not those who want to abuse it by claiming money they are not entitled to. Benefit fraud is a very serious crime and we will continue to prosecute those people guilty of it."

Both Chichester District Council and the Department for Work and Pensions will seek to recover all overpaid benefit.

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number on 01243 534590, or you can report it online

A 22-YEAR-OLD motorcyclist was seriously injured when his bike left the road near Chichester on Saturday afternoon (July 27).

The rider, from Swanley in Kent, suffered a suspected punctured lung, a fractured collarbone and bruising when he came off the orange Kawasaki ER6 on the B2146 Hares Lane road at Funtington around 4.30pm. He was airlifted to Southampton General Hospital where his injuries were said to be serious, but not life-threatening.

Anyone who witnessed the collision is asked to call Sussex Police on 101 quoting serial 1244 of 27/07

Witnesses needed for Selsey rape

POLICE are appealing to anyone who saw an 18-year-old woman near to The Lifeboat Inn in Selsey between 9pm and 11pm on Monday night (29 July) after a woman reported she had been raped.

Detective Sergeant Russ Burgess said: "We are at very early stages of this investigation and are talking to the victim and witnesses to try and establish what happened.

"She has described the suspect as a white man in his 20s but no older than 27 with short dark hair. He was a muscular build and wearing a black top with a hood. We are asking anyone who saw a man matching that description in the area or a woman on the beach or near the pub to contact police on 101 quoting serial 1720 of 30/7."

Police investigating after girl approached by man in Bognor park

POLICE are investigating a report that a man approached a girl in Hotham Park, Bognor, and made an indecent suggestion towards her.

The nine-year-old girl ran off to the adults she was with and told them what had happened and it was reported to police. She was scared but unharmed. There was no physical contact between the man and the victim.

The incident happened at 5.10pm on Tuesday 23 July. Police have received no other reports of similar incidents but have increased patrols in Hotham Park.

The man is described as white, with white/greying hair and was wearing black lycra cycling shorts, a sea blue coloured T shirt, dark sunglasses, a red cycle helmet and had a bicycle with him.

Sergeant Sarah Leadbeatter said: "The girl did the right thing by running away and telling an adult. We have increased our patrols in the area of the park. There have been no other incidents reported to us but we are looking for the man. If anyone has any information about the incident or recognises the description of the suspect, please call 101 quoting serial 1399 of 23/07.

"In the meantime we are asking to people to stay vigilant but keep calm."

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Sussex businesses paddle to success

Trophy winners at the Great Sussex Bath Race (left back 4 John Lewis in Home in front left 4 Mayo Wynne Baxter and Juice 1 2 team Middle back The Hungry Guest. Right 4 (2 back and 2 front) Caremark Pl oto credit Hannah Roberts)

FOURTEEN business teams competed in the first annual Great Sussex Bath Race at a private lake near Chichester on Sunday with The Hungry Guest from Petworth taking the Grand Final Winners trophy.

The John Lewis at Home team from Chichester made a great come back after sinking on their maiden voyage and having to rebuild their raft, winning the Wooden Spoon trophy.

'It was a brilliant day and we have already raised around £13,000 for our chosen charities, Chestnut Tree House and LifeCentre, with more pledges and donations to be counted,' said Event Director, Neil Laughton.

'I'd like to thank everyone who threw themselves into this whacky contest with such enthusiasm and already businesses are approaching us to enter teams next year!"

Teams of four were provided with bath tubs and equipment to build a raft on the day and then paddle 250 yards racing against other teams in heats, with the winners going forward to a grand final race in the afternoon to win The Great Sussex Bath Race 2013 trophies adorned with bath taps. The day was compered by Tomfoolery, with Juice 107.2's Ambrose Harcourt presenting prizes.

Protect your cars from criminals in Chichester district

POLICE are reminding motorists not to become a victim of crime by leaving valuables on show in their unlocked cars.

Officers are continuing to receive reports of cars being broken into across the Chichester district.

During the last weekend alone there were nine cars broken into in the Fishbourne area.

PCSO Lisa Shadbolt said: "Vehicle related crime remains a key concern and there are several simple precautions that you can take that will help you reduce the risk of becoming a victim.

"Secure your vehicle by locking all doors and closing windows including the sunroof every time you leave your car, even if the vehicle is parked outside your house.

"Remove all valuables from the vehicle and make sure you don't leave anything on display such as a handbag or coat. Car criminals window shop so take away the temptation."

Anyone with information about car crime in their area should call 101 or the independent charity Crimestoppers anonymously on 0800 555111.

New community group opens for retired people

THE CIVIL SERVICE RETIREMENT FELLOWSHIP (The CSRF) has announced the opening of a new community group serving beneficiaries throughout the Bognor Regis, Chichester and Selsey area.

The first meeting of the newly formed group took place at the Jeneses Community Arts Centre on Linden Road and included a talk by the charity's legal partners, McClures Solicitors.

The group serves the aims and objectives of The CSRF, a national charity dedicated to supporting retired civil servants and their dependants. The group meets on the last Thursday of each month from 2pm at the Jeneses Community Arts Centre, 45 Linden Road, Bognor Regis.

Their next meeting will be on August 29th and will be a Strawberry Tea & Social. All local retired people are very welcome to come along and enjoy the activities. £2 donation on the door.

For more information on the Bognor Regis & Chichester group contact Chairperson Heather Olive on 01903 778543.

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Operation Watershed: £2.5m drainage improvement programme at halfway point

A PROGRAMME to improve drainage in areas where floods affect West Sussex roads the most has reached the halfway stage.

Under Operation Watershed, West Sussex County Council's response to the extreme weather experienced last year, £2.5 million was assigned for drainage improvements on the highway.

A programme was drawn up to prioritise areas where people experienced surface water flooding on roads – caused by drainage issues.

These were identified by a County Council report into the June 2012 floods.

Work began on improvements such as re-constructing ditches, repairing gulleys and replacing pipes.

£521,025 has already been spent on 56 schemes, across five West Sussex districts and boroughs.

Another 47 separate drainage schemes will be completed by early next year.

County Council Cabinet Member for Highways and Transport, Peter Montyn, said: "So much hard work is going into making our communities more resilient to extreme weather.

"We are determined to improve the drainage systems and reduce the levels of surface water that form on our roads following heavy rain.

"The next time we experience a bad spell extreme weather, we are confident the effect it has on these areas will lessen."

Drainage works have been completed in the following areas locally:

Chichester District:

- Bignor Road, Bignor – £1,900 on kerbing and gullies;
- Church Road, Birdham – £2,000 on a new outfall and ditch for fields;
- Delling Lane, Bosham – £12,000 on replacing a damaged pipe,
- Springfield Close, Birdham – £7,500 on culvert reconstruction,
- Newells Lane, Bosham – £20,000 on new ditch on private lane and road crossing,
- Smugglers Lane (Taylor Lane), Bosham – £3,000 on repairs to broken pipes;
- Stumps Lane, Bosham – £10,000 on replacing damaged sections of pipe;
- Appledram Lane North, Chichester – £35,000 on reconstructing culverts, new gullies and other improvements,
- Brandyhole Lane, Chichester – £3,000 on replacing a broken pipe,
- Fishbourne Road East, Chichester – £53,900 on reconstructing culverts, new gullies and other improvements,
- Sunwool Lane, Cocking – £2,000 on clearing ditches and pipes;
- Colworth Lane, Colworth – £10,000 on culvert reconstruction,
- The Blacksmith s Arms, Donnington – £22,000 on a new pipe run,
- Stockbridge Road, Donnington – £3,000 on replacing defective pipework,
- Brittens Lane, Eartham – £10,000 on new pipe crossings and gulleys,
- Brittens Lane, Eartham – £10,850 on kerbing works, new gullies and a soakaway;
- Merle Way, Fernhurst – £1,500 on replacing gulleys and pipework,
- Vann Road, Fernhurst – £4,000 on reconstructing ditch, replacing gulley and kerbing;
- Vann Road, Fernhurst – £1,000 on reconstructing ditch, replacing gulley and kerbing;
- Vann Road, Fernhurst – £1,000 on reconstructing ditch, replacing gulley and kerbing,
- Fishbourne Road West, Fishbourne – £1,800 on repairing gulleys;
- Fernden Lane, Kingsley Green – £6,000 on installing new aprons, clearing culverts and gully works,
- Surrey Road, Lodsworth – £1,000 on reconstructing manhole;
- Dial Green Lane/Mill Lane, Lurgashall – £4,000 on repairs to broken pipes,
- Petworth Road, Lurgashall – £7,000 on culvert reconstruction;
- St Michaels Close, Northchapel – £1,000 on replacing damaged drains,
- Station Road Petworth – £2,890 on repairing gulleys and culverts,
- Nyewood Road, Rogate – £3,000 on a new soakaway;
- High Street, Selsey – £3,600 on clearing ditches and gulleys,
- Manhood Lane, Sidlesham – £4,500 on replacing defective pipe,
- A259, Southbourne – £2,460 on clearing ditches in partnership with Arun District Council;
- A259, Southbourne – £2,000 on clearing ditches;
- Thorney Road, Southbourne – £1,000 on a new soakaway;
- Dumpford, Trotton – £3,000 on a new headwall and ditching, and
- Lunch Road, Woolbeding – £20,000 on renewing gulley connections and ditching works.

Arun District:

- Central Avenue, Bognor Regis – £1,800 on replacing gulley and pipework,
- Clapham Common, Clapham – £1,883 on repairs to the drainage system,
- Clapham Common, Clapham – £3,125 on repairs to the drainage system,
- East Preston – £1,500 on ditch clearance work,
- Sea Lane, East Preston – £68,000 on repairing a sea outfall,
- New Barn Lane, Felpham – £2,760 on excavating footway and supplying, installing and re-instating new pipe,
- New Barn Lane, Felpham – £2,815 on excavating footway and supplying, installing and re-instating new pipe,
- Sea Road, Littlehampton – £12,000 on a new outfall,
- Elmer Road, Middleton-on-Sea – £59,522 on clearing ditches and renewing the pipes,
- Yapton Road, Middleton-on-Sea – £17,000 on clearing ditches, renewing culverts and jetting the drainage system,
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- Yapton Lane, Yapton – £3,000 on repairing pipes.

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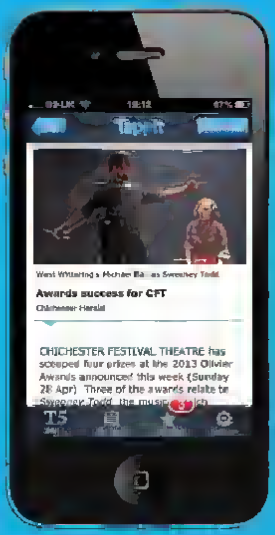
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Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

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Those in need are given a helping hand

THOSE WHO CLAIM housing benefits in the Chichester District, but are still finding it difficult to pay their rent, may be able to access help from a scheme run by Chichester District Council.

The Discretionary Housing Payment Scheme can provide additional financial support to help people to pay their rent until they can find a more affordable option.

"With recent national changes to the way housing benefits are calculated and delivered, we know how tough it can be for some families to afford to cover their rent," says Cllr Tony Dignum, Cabinet Member of Finance at Chichester District Council.

"This pot of money is intended to help those most at risk. It is not a long term solution, but one that can help people to continue to pay their bills until they can find alternative, more affordable accommodation."

A discretionary housing payment (DHP) may be used to pay for:

• rent deposits • rent in advance • rent arrears (but not for those receiving enough housing benefit to pay all of their rent at the time the arrears built up) • a shortfall between housing benefit and rent. • reductions in housing benefit after recent changes to reduce under occupation and to introduce the 'benefit cap' • reductions in local housing allowance resulting from changes from April 2011.

Further information can be found on the council's website at www.chichester.gov.uk/benefits or by calling 01243 534509.

Harvey reaches new heights for brain tumour research

WEB MANAGER, Harvey Monaghan (44), will be reaching new heights on Thursday 22 August, when he takes on his biggest ever challenge – climbing The Matterhorn.

Harvey, who lives in Bognor Regis and works for Chichester District Council, has taken on the challenge to raise much needed funds for brain tumour research, after his Mum lost her battle to the disease two years ago.

The Matterhorn is 14,690 foot high and is probably the most recognised mountain in the world, due to its unique triangular shape. Towering above the Swiss town of Zermatt, the mountain is fairly difficult to ascend by any route, and was one of the last Alpine mountains to be climbed. Harvey will take the route which has the same climbing grade as the South face of Everest. It's so dangerous to climb, that there is only a window of a month a year when it is safe to attempt it.

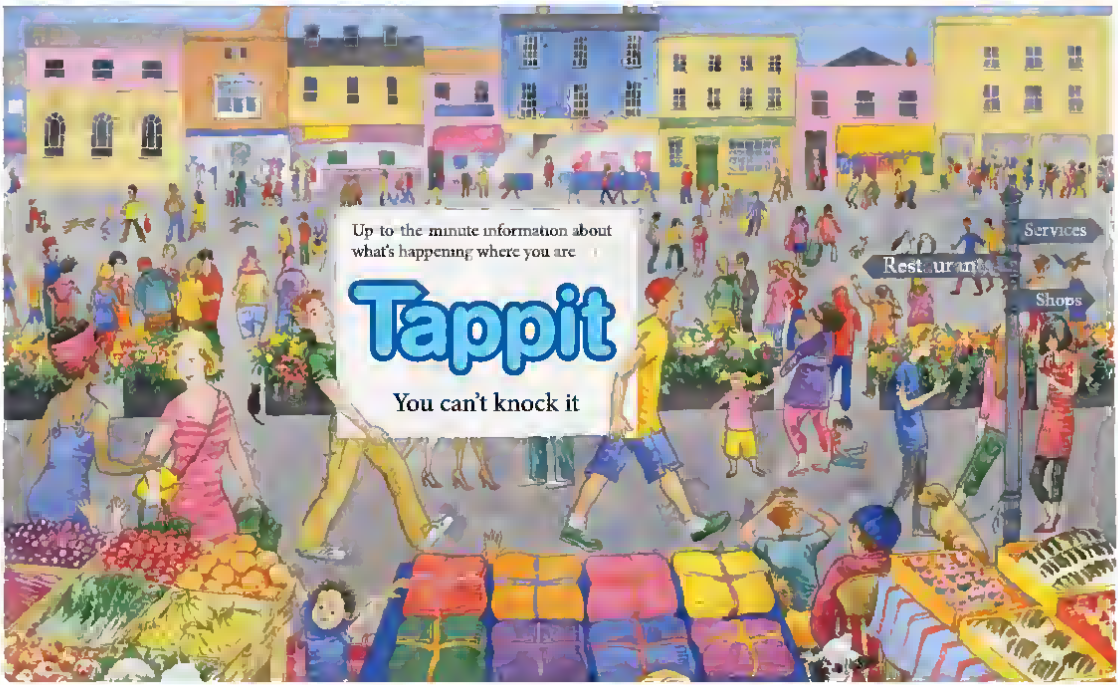
"Only 2% of cancer research funding goes towards brain tumour research, and so I thought it was important to try and raise money for this vital cause. More children and adults aged under 40 die of a brain tumour than any other cancer," says Harvey.

It costs £3,000 a day to fund a team in Portsmouth to carry out research into this type of cancer – and so to be able to achieve this amount would be fantastic and a massive achievement. It is also great to know that I am playing my part in helping to beat this horrific disease in my mum's memory."

Harvey has been preparing for the challenge – which will take around 18 hours to complete – for the last six months. He has been attending regular classes, including circuits, boxercise, yoga and pilates, at Westgate Leisure Chichester and has even competed in the Natures Way Triathlon Series.

Harvey will spend one week acclimatising in the Southern Alps before joining a small team on the second week to train on some more technical peaks. Weather permitting, Harvey hopes to complete his self-funded climb and reach the summit during the early hours of Friday 23 August.

To sponsor Harvey, you can visit his fundraising page at http://www.justgiving.com/thematterhorn



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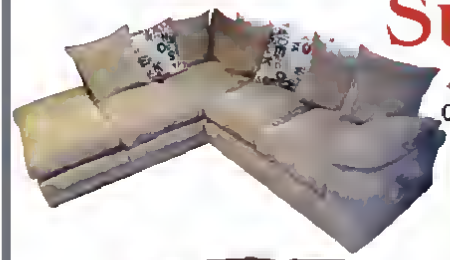

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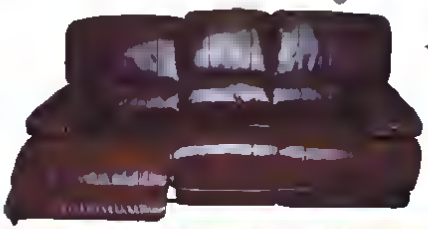

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Pupils help to create public art that celebrates the old and the new

PUPILS from the Central and Lancastrian Primary Schools in Chichester have helped to create a new piece of public art, which was unveiled in the city on Sunday 28 July.

The piece of artwork was commissioned by Chichester District Council for the Roman Quarter residential development at the former Shippam's Factory in Chichester. Residents living at The Roman Quarter were instrumental in choosing both the artist and piece of art.

Artist blacksmith, Michael Johnson, was chosen from artists across the world to create the piece, which is inspired by Roman trade. The piece includes an olive branch and oyster shell in stainless steel and bronze. It also has an art stone base with mosaic imagery inspired by the work with the two schools.

Michael held workshops with the Central and Lancastrian Primary Schools in Chichester, to develop ideas for the base. The pupils helped to unveil the artwork on Sunday with Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services.

Eileen said: "It is fantastic that local pupils have been able to influence this artwork, which celebrates both our history and the present time. We worked very closely with residents living in the new development to choose the artist and final piece of artwork.

"It is something special that will remain as a key landmark in the city for many years to come."

The piece of artwork unveiled outside the Sales Office at the Roman Quarter residential development at the former Shippam's Factory in Chichester.

The piece of artwork was funded from developer contributions specifically for new public art.

Habits and Heartbreak

Gracie Cliffe

ON the 13th of July, the world lost a young, talented actor called Cory Monteith due to a mix of drugs and alcohol. He was best known for his role as Finn Hudson in 'Glee'. He was only 31 years old. Monteith began experimenting with illegal substances in his youth and battled with addiction from then on. He signed into rehab for substance abuse earlier this year, and had previously sought help at 19. If nothing else, his story shows how hard drug addiction is to overcome and how fatal it can be.

He started substance abuse at the age of 16. I think it is heart breaking to think that some people, celebrity or not, find life so confusing or strenuous that they feel the need to pick up a habit that could completely turn their life upside down – Whether it be alcohol, drugs, cigarettes or any addicting substances.

I am completely anti-drug use, the same goes for cigarettes. I know that people say that everyone experiments with them in college or university, but I am adamant that I will not. I personally have a very compulsive personality, currently shown through film series or other less harmful habits, so I don't trust myself to try "playing" with something known for its addictive qualities. Plus I don't want to risk throwing my life away just for something that starts out as a bit of fun at a party.

But I do understand that some people can dab their feet into the water and take them out again whenever they want to, and that whilst substances can be damaging, they are sometimes used as a pain or stress reliever (not that I am condoning this). I just believe taking something once or twice is too risky because it's a slippy slope to be on.

Social smoking and drinking is a very common thing, however now due to peer pressures and the desire to fit in, it occurs at a much younger age. Teenagers as young as 13 or 14 get mixed in with them. I think the problem there is that they are too young to fully understand the impact of their decisions, and they are at an impressionable age which makes habits they pick up now even harder to break in the future.

All I'm saying is that everything is fine in moderation, but substance abusers aren't known for their ability to moderate their intake, so don't let it get to that stage.

If you are worried about drug abuse, or know someone that needs help, 'Talk to FRANK' is a good helpline: 0800 776600.

Let us know what you think

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RNLI Lifeboats

Selsey Lifeboat Week

Monday 5th August 2013

Lifeboat Station Open Evening.

Come and look around our Station, see the All Weather and Inshore Lifeboats and talk with the Crew.

Visit the Museum to see an exhibition of our history.

The Souvenir Shop will be open so please feel free to browse

Open from 6:00pm – 9:00pm with free entry.

RNLI

Selsey Lifeboat Day 2013

Sunday 11th August

10:00 - Charity & Craft Stalls

12:00 - Marching Band Display

1:00 - RNLI Raft Race

2:00 - "The Tigers" Parachute Air Display

2:30 - Selsey Lifeboats display with visiting Lifeboats & H.M Coastguard Helicopter

Other events throughout the day: Classic Cars & Bike Show, Balloon Race, BMX Competition, Raffle, Fun Fair, Licensed Bar & Food Available

Come and join an event packed day and help raise funds for our Lifeboats.

We hope that all visitors will understand that sea and air events are subject to weather conditions and operational commitments

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Brian's weight success

Brian Clear with Sue Crabtree Weight Management Co-ordinator Chichester Healing Lifestyle Being Weight loss Workshop

A CHICHESTER MAN is celebrating losing almost one and half stone (18lbs) — or the equivalent of 18 tubs of margarine — in weight in just six weeks thanks to the help he received from the Chichester Wellbeing Service, run by Chichester District Council.

Brian Clear, 71 is currently attending the Wellbeing Weight loss Workshops. The workshops are run over 12 weeks and support people to lose weight in a healthy way.

In total, Brian has lost four and a half stones since Christmas and is continuing to lose weight week by week.

Brian, who runs the Swanfield Centre in Chichester with his wife Edith, says: "At one time I weighed 25 and a half stones. I was using a mobility scooter and I was completely inactive. But I've really turned it around.

"With heart problems and osteoarthritis I am still limited in what I can do but the joint pain is less due to the weight loss and I am feeling better. I can now walk short distances which is a real bonus.

"I didn't find other types of weight loss programmes to be very helpful. The Wellbeing Weight loss Workshops are different. They educate you to be healthy-minded and dispel all the myths about dieting. They teach you about nutrition and I now eat really well."

Sue Crabtree, Weight Management Co-ordinator at Chichester Wellbeing team, runs the Wellbeing Weight loss Workshops programme. She uses body analyser scales to weigh people each week.

Sue says: "The scales are great because they not only show people their weight, but other important factors like their body fat percentage. It's really helpful to know that even if your weight hasn't gone down that if your body fat percentage has decreased you are on the right track."

Brian says the workshops have revolutionised the way he thinks about food. He says: "Since losing weight I feel so much better in myself. My walking stick is gone, my back is feeling better and despite some heart problems, I am so much fitter. My daughter also eats better now because our meals are healthier so it's had a positive impact on the whole family. The only bad thing about the workshops is now all my clothes are too big!

"If there are people out there who are thinking about joining the workshops I would say to them 100% yes, go for it! It's simple and easy to follow and you can do it on a limited budget too. You've got a lot less chance of failure if you get some support with losing weight."

Councillor Eileen Lintill, Cabinet Member for Wellbeing, Leisure and Community Services at Chichester District Council, says: "Well done Brian! The workshops are a great service. We'd recommend anyone wanting advice or support to contact the Wellbeing service to book a place."

To register your interest for any of these groups, please contact Chichester Wellbeing on 01243 521041 or info@chichesterwellbeing.org.uk or visit our website www.chichesterwellbeing.org.uk. The cost is £2.50 per week but if you pay for 10 weeks up front you get two free.

The Chichester Wellbeing team run Wellbeing Weight loss Workshops at:
- Westgate Leisure Chichester on Thursday evenings beginning on Thursday 8 August,
- Petworth Children and Family Centre on Thursday mornings beginning on Thursday 12 September,
- Swanfield Community Centre in Chichester on Wednesday afternoons;
- Selsey Children and Family Centre on Tuesday mornings, and
- East Wittering United Reformed Church on Tuesday afternoons.

Chichester Wellbeing is funded by West Sussex County Council Public Health in partnership with Chichester District Council.

The Wellbeing service, launched in 2011 and based at Westgate Leisure, provides a range of services to help residents from the Chichester District achieve a healthier lifestyle. As well as the Wellbeing Weight loss Workshops the teams offers:
- one to one appointments;
- drop in sessions; and,
- junior wellbeing programmes.

To find out about any of the activities and what's on at the Swanfield Community Centre please contact Brian and Edith on 01243 783242.

'Vintage and Veg' is coming to Yapton Village Hall

LOCAL charity, the Aldingbourne Trust, based near Fontwell is introducing a new and exciting village market, to be held at Yapton Village Hall on the first Friday of every month, beginning today (Friday 2 August 2013).

Packed with traditional vintage style crafts and locally sourced produce such as eggs, plants, organically grown vegetables, delicious savoury pies, tartlets, sausage rolls and locally produced apple juice already booked. The first Market is open to the public today, Friday 2nd August, between 10am and midday and everyone is welcome to come and browse, and hopefully be tempted to purchase local produce and crafts.

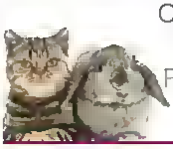
Many local stall holders have already secured their stalls, all reasonably priced at only £5 per stall. However, Trust organisers Jo Rea and Gill Hunter are still on the lookout for additional stall holders to join the market. Jo and Gill said: "We are really excited about this new opportunity to promote not only the Trust's own home grown produce and handmade items but also those of local produce and bespoke crafts. We are looking forward to welcoming everyone in the local community to our new and exciting 'Vintage and Veg' village market."

If you are a local craftsman / craftswomen or are a local producer of quality produce then this maybe the market for you. Please contact Jo on 07780383596 or Gill on 01243 542075 for more details on how to join.

The Aldingbourne Trust is a local enterprising charity that really engages with its visitors and supporters. Michelle McKinley Bell – Enterprise and Development Manager said: "We support adults with learning disabilities to have the same opportunities as everyone else to live independent lives by supporting people to develop their skills so they are able to gain employment within the local community."

The Aldingbourne Trust looks forward to seeing you at 'Vintage and Veg' this Friday and in the next coming months. For more information on the Aldingbourne Trust visit www.aldingbournetrust.co.uk or call 01243 542075.

Summer Fayre Sun 11 August



Cat and Rabbit Rescue Centre

More than 50 young kittens waiting new homes

THE SUMMER Fayre, on-line auction, and opportunity to see 200 Rescue cats, kittens, rabbits and guinea pigs is from 11 am to 4 pm on Sunday 11th August. The Sidlesham Cat & Rabbit Rescue (CRRC) site and free on-site parking will be signposted from the B2145 road which runs from the A27just South of Chichester to Hunston/Selsey, or CRRC is a short walk from The Anchor Pub hus stop. There will be stalls of toys, games, books, plants, home produce, jewellery, clothes, bric-a-brac, and pet products as well as raffles and tombolas. Entrance is £1(adults/children), or cat or rabbit food. Food and refreshments will be available.

The on-line auction is active now on The Rescue website www.crrc.co.uk for bids, with opportunities for Paul Rodgers music memorabilia, restaurant, hairdressing treats etc.

No animal homing will occur at The Summer Fayre Sunday 11th August, but if you see an animal that you might like to offer a home you can phone The Rescue after the event. All homings are subject to a successful pre-home visit which can be arranged swiftly, and one of our home checkers, Pamela, will be available to answer questions about The Rescue homing process.

The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher for when the kitten is old enough.

Homing by appointment 7 days a week. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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Adrian Edmondson joins the cast of Neville's Island

MULTI-TALENTED and much-loved comedian, actor, writer and musician Adrian 'Ade' Edmondson has been confirmed in the cast of Neville's Island at Chichester's Theatre in the Park this summer.

He will play Gordon, one of four businessman sent off on a team building exercise in Tim Firth's comedy about a disastrous outward bound expedition. They succeed in becoming the first people ever to get shipwrecked on an island in the Lake District. What should have been a bonding process turns into a muddy, bloody fight for survival amid a carnival of recrimination, French cricket and sausages.

Edmondson rose to prominence during the 1980s when he became best known for roles in the BBC comedy series' The Young Ones and Bottom, in which he appeared alongside his long-time collaborative partner Rik Mayall. Edmondson also appeared in The Comic Strip Presents TV series. Other screen credits include The Supergrass, Jonathan Creek, Holby City, Miss Austen Regrets and Teenage Kicks, which he also co-wrote. He formed the band The Bad Shepherds and has also written and performed for the Bonzo Dog Doo Dah Band. He has also appeared as a regular TV presenter on programmes such as Ade in Britain and The Dales and was a finalist in the 2011 series of Let's Dance for Comic Relief.

Edmondson features in Neville's Island alongside actor and comedian Rufus Hound, with further casting still to be announced.

Neville's Island will be the second production staged in the Theatre in the Park, a temporary state-of-the-art auditorium which has been built while the Festival Theatre's £22 million RENEW redevelopment continues. Directed by Angus Jackson – the director of the Olivier Award-winning production Goodnight Mister Tom – this promises to be a technically and visually ambitious staging of a darkly funny play. Jackson also directed If Only, which plays at the Minerva Theatre, Chichester, until 27 July.

Neville's Island runs in the Theatre in the Park from 11 – 28 September. Evenings 7.30pm (except for Press Night, Friday 20 September, 7pm). Matinees 2.30pm. 18 – 25 tickets £8.50, other tickets from £10.

To book, visit cft.org.uk or contact the Box Office on 01243 781312.

It's Official: Tea is still the brew of choice amongst British builders

(But the coffee culture is making its mark with 44% shunning a British brew for a Cappuccino!)

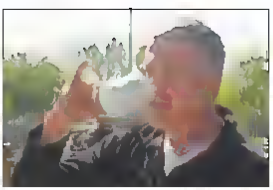
A SURVEY carried out by Chichester based Covers Timber and Builders Merchant shows that 56% of tradesmen and women still prefer a good old 'Builder's Brew' to any other hot drink.

Although the great British Brew reigns victorious, coffee is hot on its heels with a staggering 44% citing the Italian inspired beverage as their preferred choice.

In other findings, it is clear that the health conscious headlines of the 21st Century have had an impact on the building workforce. Labourers are having less sugar in their tea with a whopping 45% taking their tea without any sugar at all, and only 1% taking 3 or more sugars. This is in stark contrast to the stereotype of a builder's brew, renowned for its high sugar quantity.

What's more, the strength of the typical builder's brew has decreased with only 15% taking theirs like treacle. The majority, with 73% of the vote, now lie somewhere in the middle between strong and milky.

Good old English breakfast tea still satisfies the taste buds of most builders though, with 85% opting for this. However, some of their counterparts are becoming more adventurous with 11% sipping a cup of Earl Grey throughout the day.



brew

Henry Green, Commercial Director at Covers, commented: "Strong 'builder's tea' has long been associated with tradespeople but with the growing coffee culture in the UK, we were curious to see if tea had been knocked off the top spot. Our survey proves that tea is still fuelling the British builder but with coffee winning 44% of the votes, this may not be the case for much longer."

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Chichester College awarded coveted Silver Centre Classification

CHICHESTER College Business School were delighted to be awarded a Silver Centre classification recently, for the high standard enrichment programme offered to students studying accounts and book-keeping qualifications.

Visiting the College on the 15th of July, Thomas Bird from the awarding body, the International Association of Book Keepers (IAB), presented the accredited certification to thrilled staff.

Teaching IAB since June 2012, the College team, consisting of mother and daughter team Anne and Patrizia Quieti and Gyin Alonge and Nicki Torrance, offer courses to students looking to learn more about these employable and practical skills.

Initially taught through the College's Return to Work scheme, the IAB now forms part of the Commercial and AS Accounts programmes. Students can enjoy the benefits of the IAB course as part of their transition to A2 Accounts too.

With Return to Work courses running every five weeks, fantastic results are being achieved by all who attend. The course appeals to many and provides an opportunity for those with no qualifications as well as degree educated students, looking to harness a new accounting skill.

Over 100 students have attended the course since September 2012 at Level 1, which has a particularly high pass rate too. Many students realise the benefit of the IAB qualification, and the College is keen to ensure interested students are aware how employable such a skill can be, alongside the excellent platform for the workplace.

Keen to swap the newly acquired Silver Centre recognition to a Gold at the end of the new academic year, the business staff at Chichester College aim to improve their course even further and are keen to hear from anyone who may be interested in the course.

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Business Secretary Vince Cable praises Rolls-Royce apprenticeship scheme

CHICHESTER COLLEGE apprentices, employed by Rolls Royce Motor Cars of Goodwood, have been delighted at the opportunity to meet Business Secretary, Vince Cable, at the company's stand at the Goodwood Festival of Speed recently.

Visiting with Richard Parry-Jones, Co-Chairman of the Automotive Council, and The Earl of March, founder of the Festival of Speed, Vince Cable took the opportunity to get behind the wheel of the company's latest model, Wraith, whilst talking to the students about their roles within the Chichester based automotive company.

Mr Cable chatted with the Rolls-Royce apprentices, including Alice Strachan, Jade Burch and Katie Worsold (upholstery), Jacob Huff (Wood) and James Anderson (foundation degree Business student).

Speaking about the value of apprenticeships with our business community, Mr Cable said: "A skilled workforce is what keeps Britain's automotive sector competitive. Companies like Rolls-Royce Motor Cars have long recognised the value of offering apprenticeships and have a proud record of putting young people on exciting and rewarding career paths."

He continued: "The new automotive industrial strategy sets out how we will address skills gaps in the industry and we are producing a 'skills roadmap'. Automotive Council members are expecting to provide an extra 7600 apprenticeships and 1700 graduate opportunities over the next five years. We are committed to improving current and future training programmes across all levels of the sector."

Torsten Müller-Ötvos, Chief Executive Officer, Rolls-Royce Motor Cars, said: "Rolls-Royce was delighted to welcome the Business Secretary and to share with him our new model, Wraith. We were gratified by his positive comments about our Apprenticeship and Graduate Programmes and his recognition of Rolls-Royce as a British manufacturing success story."

Praising the Rolls-Royce Apprenticeship Programme and the thrilled Apprentices too, College Principal, Shelagh Legrave commented: "We are very proud of our relationship with Rolls-Royce and the excellent apprentice training programme we deliver for them from our outstanding furniture department. Apprenticeships offer an excellent entry point into employment for our students."

Theatre it

AS THE redevelopment of the Festival Theatre, made possible by the RENEW project, is now underway, a brand new auditorium now lights up Oaklands Park which is now staging the first of its two productions this year.

Offering an exceptional experience for the audience and just a few minutes' stroll across the Park, the building houses a breath taking, purpose-built and beautifully designed theatre. Mirroring the Festival Theatre's auditorium, it has 1,400 seats and a thrust stage, and all the comfort and facilities of a 21st Century theatre, including air-conditioning, a large foyer area, and open plan bars serving drinks and light snacks.

A wide walkway across Oaklands Park will ensure easy access to the Theatre in the Park and assistance is provided for those who have difficulty walking. The auditorium has wheelchair access and a lift for the use of disabled patrons.

It's quite an impressive sight and project director for Theatre in the Park, Dan Watkins, admits he's delighted with how things have gone.

"It was always our intention to not send the audience home due to the main theatre being closed," he says. "We always wanted to do something for the audience and it was just a case of what. We looked at the possibility of keeping the Minerva Theatre open all year round, but with the Arts Council being very supportive it soon all became about tents.

"We wanted to deliver a feeling of comfort and luxury – it's not just a tent in a field, the whole project is impressive and is actually mirrored in the set up as to what the main theatre was.

The whole idea was to develop a theatre in the park – and that's exactly where we have landed it."

The centrepiece productions of Festival 2013, Barnum and Neville's Island, will be created with the unique environment of the Theatre in the Park in mind – book your tickets as CFT produce outstanding theatre in an extraordinary setting.

Outer Images www.ebekahgracephotography.co.uk

n the Park

Arts & Entertainment

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The Wolverine (3D) (12A)

THREE out of Five stars

Running time: 126 mins
Director: James Mangold
Starring: Hugh Jackman, Hiroyuki Sanada, Famke Janssen, Will Yun Lee, Rila Fukushima, Tao Okamoto, Svetlana Khodchenkova, Hal Yamanouchi

Engaging and enjoyable sequel of sorts, with exciting action sequences, a decent script and strong performances, though the plot occasionally gets a little bogged down and there's a disappointing lack of chemistry between Jackman and lead actress Tao Okamoto.

What's it all about?

Directed by James Mangold, The Wolverine is the sixth screen outing for the adamantium clawed Marvel mutant, following the three X Men movies, a brief cameo in X Men: First Class and a previous spin-off (2009's X-Men Origins: Wolverine). With a script based on a classic comics run for the character from 1982, The Wolverine picks up after the events of X-Men: The Last Stand, with Logan/Wolverine (Hugh Jackman) living like a hermit in the Canadian Northwoods and mourning the death of Jean Grey (Famke Janssen), who occasionally appears to him in dream sequences, dispensing negligee-clad wisdom.

When Logan is tracked down by punky red-haired assassin Yukio (Japanese model Rila Fukushima), he's persuaded to accompany her to Japan, summoned by Lord Yashida (Hal Yamanouchi), a wealthy, dying industrialist whose life he saved during WWII. However, things don't go quite according to plan and soon Logan finds himself on the run with Yashida's grand-daughter Mariko (Tao Okamoto) and facing off against Mariko's crime-boss father (Hiroyuki Sanada), various yakuza henchmen, an army of ninjas and forked-tongued mutant supervillain Viper (Svetlana Khodchenkova), who, as if things weren't had enough already, manages to strip him of his mutant healing abilities with a poisonous kiss.

The Good

Jackman, needless to say, knows this character inside out at this point and he's predictably brilliant as Logan, while Fukushima makes a strong impression as Yukio (she's so good, in fact, that you can't understand why Logan doesn't fancy her instead) and Khodchenkova puts in an enjoyably slinky turn as Viper. The film is also impressively shot, courtesy of cinematographer Ross Emery, who gets great use out of some authentic Japanese locations.

Mangold proves a solid choice as director and does a terrific job with the fight sequences, eschewing rapid-fire editing in favour of single takes that ensure that you can actually tell who's hitting who. He also delivers some enjoyable action set-pieces, most notably a spectacular fight on the roof of a 300mph bullet train (where those claws come in pretty handy) and an impressive sequence that features an audacious lift from Kurosawa's Throne of Blood.

The Bad

The main problem with the film is that the plot is needlessly convoluted, so it occasionally stumbles a little in the middle section, before being more or less jettisoned in favour of a climactic showdown between Wolverine and yet another Marvel supervillain. The film also suffers from a distinct lack of chemistry between Jackman and Tao Okamoto, none of which is helped by Janssen popping up in her night attire every few minutes.

Worth seeing?

The Wolverine is an enjoyable superhero flick that should please die-hard fans of the character, though it's slightly let down by some unclear plotting and a lack of chemistry between the two leads.

Sky Diary August 2013

By Peter Lit[illegible]

Mercury is close to the eastern horizon in the first third of August lying below faint Mars and the much brighter Jupiter with the crescent Moon nearby on the 5th.

Venus is close to the western horizon just after sun-set with the Moon passing close by on the 9th.

Saturn is now past its best, setting a couple of hours after the Sun but still worth a look in good binoculars [illegible] and St [illegible] respectively, although [illegible] is a challenge as it is below naked-eye visibility. [illegible]scope is needed to resolve any colour on these distant planets.

There are five meteor showers in August, the first of which is on the 2nd with the radiant in the constellation of Capricorn in the S.S.E. but with a meteor rate of only about 5 an hour.

The highlight of the summer is the annual Perseid shower with up to 80 shooting stars an hour at the peak. The Moon disappears before midnight and should not interfere too much up till then. The maximum is over the 12/13th night and is fairly high in the NE and best [illegible] drink. No equipment is needed for this one and is well worth a late night if clear. You will also see many artificial satellites that glide slowly through the constellations.

Happy hunting!

Planetarium Shows and Dates August 2013

Friday 02	7.30pm	Seven Wonders of the Solar System
Sunday 04	3.30pm	Summer Skies, Shooting Stars
Tuesday 06	3.30pm	Our Galaxy, the Milky Way
Thursday 08	3.30pm	Summer Skies, Shooting Stars
Sunday 18	3.30pm	Summertime Stars, Moon and Planets
Tuesday 20	3.30pm	The Moon, Our Nearest Neighbour
Thursday 22	3.30pm	Prepare for Blast off!
Friday 23	7.30pm	Hubble's Glorious Universe
Monday 26	1.30pm	All Aboard – A Tour of the Planets
Monday 26	3.30pm	The Northern Lights
Wednesday 28	3.30pm	Summertime Stars, Moon and Planets
Friday 30	7.30pm	The Northern Lights

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester
Alternatively please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets
Payment by cash or cheque only, on the day
A map showing the location can be found at: www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q NAME THE COMIC BOOK SERIES THAT WOLVERINE ORIGINATES FROM?

A. IRONMAN

B. BATMAN

C. XMEN

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 6th August 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Maria Matthews from Bognor Regis

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL 0871 200 2000

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald in partnership with Chichester's Ship Hotel is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition, email your answer, name, address and contact number to **news@theshiphotel.net**

Last week's answer was: The Butter Market, North Street

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 7th Aug 2013 at midday. The competition is for one winner with a prize of a meal for two of the Hotel's popular 'The Ship's Plank'. The Ship's Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait, mini burger chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

Photos taken by
Tel: 01243 772297
Mobile: 07983548459
www.rebekahgracephotography.co.uk
Rebekah Grace

This week at New Park Cinema

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 2 Aug
13.15 Epic
15.30 Breathe In 98m
18.00 Das Rheingold 165m
21.15 The Deep 95m

Sat 3 Aug
13.00 Breathe In
15.15 Taming of the Shrew 180m
18.45 The Deep
21.00 The Bling Ring (15) 90m

Sun 4 Aug
13.15 The King of Marvin Gardens 103m
15.45 Breathe In
18.15 Shun Li & the Poet (15) 98m
20.30 Blackfish (12A) 85m

Mon 5 Aug
13.30 Shun Li & the Poet
16.00 The Bling Ring
18.15 Breathe In
20.45 The King of Marvin Gardens

Tue 6 Aug
12.30 Epic
14.45 The Deep
17.00 The Bling Ring
19.00 Don Pasquale Glyndebourne 165m

Wed 7 Aug
13.45 Chimpanzee
15.45 Shun Li & the Poet
18.15 The Deep
20.30 Blackfish

Thu 8 Aug
13.45 Blackfish
16.00 Chimpanzee
18.00 Shun Li & the Poet
20.30 The Bling Ring

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SATURDAY'S TV 3.08.13

Listings supplied by Press Association

CHOICE

Mel Smith

A Tribute to Mel Smith
BBC2, 10.10pm

He may not have been as regular on TV as he was back in the 1980s and 1990s, but Mel Smith remains one of the most instantly recognisable faces in British comedy. His death on July 19 shocked those who grew up watching him in the likes of Not the Nine O Clock News, Colin's Sandwich and Muck and Brass. But it was for his partnership with Griff Rhys Jones that Smith will probably forever be remembered. This documentary features clips from many of his most memorable projects as well as tributes from his friends and fans.

BBC1

6.00 Breakfast 9.00 Saturday Kitchen Live 11.30 Lorraine's East Fresh and Easy Food (R) 12.00 BBC News, Regional News, Weather 12.15 Bargain Hunt, (R) 1.00 Swimming: World Championships 2.30 Live Golf: The Women's British Open 4.25 Final Score 5.15 BBC News Regional News, Weather 5.35 Film: William Jones and the Last Crusade (1989). Action adventure sequel starring Harrison Ford

7.00 I Love My Country. New series. Gaby Logan hosts this celebrity game show

8.00 The National Lottery: Break the Safe. Nick Knowles hosts the game show in which three pairs compete in several quiz rounds, with the winners playing for the money in the safe.

9.10 Casualty. Trainee doctor Lily uncovers a link between three apparently unconnected patients, while Dixie helps a woman knocked over by a cyclist. Honor Blackman guest stars

10.00 Mrs Brown's Boys. Dermot gets hold of the run-up to his wedding (R)

10.30 BBC News; Weather. National Lottery Update

10.50 Michael McIntyre's Comedy Roadshow. Featuring Patrick Kielty, Neil Delamere, Jeff Green and Kerry Godliman (R)

11.40 The Football League Show. Manish Shastri presents highlights and all the goals from today's fixtures in the Championship, League One and League Two on the opening weekend of the Football League season

12.50 Weatherview 1.00 BBC News

BBC2

6.00 This Is BBC Two 7.00 Film: The Adventures of Minhael Strogoff (1937) 8.20 Film: The Private Affairs of Hel Ami (1947) 10.10 Reel History of Britain, (R) 10.40 The Private Life of Plants, (R) 11.30 Universal Challenge, (R) 12.00 The World TV Cinema 12.45 Talkin' Tennis 1.25 Film: Hotel Reserve, (1944) 2.55 Flog It! (R) 3.25 Wild Shepherdess with Kate Humble, (R) 4.25 Live Golf: The Women's British Open.

6.00 Swimming: World Championships. Bobby Logan presents coverage from the Palau Sant Jordi in Barcelona, where this evening's session features the finals of five events and heatmix three others

7.30 Promo Extra 2013. With guests Julian Joseph, Tarik O'Regan and Tamara Rojo

8.10 David Starkey's Music & Monarchy. How Great Britain's domination as a military and economic power in the 18th century inspired patriotic classics, and a track of the pieces Handel wrote for the royal family

9.10 Top of the Lake. A violent imbroglio sees Robin thrown off the farm but she carries on her investigation unofficially and uncovers a mobile-phone footage suggesting Tui might still be alive

10.10 A Tribute to Mel Smith. Griff Rhys Jones remembers his friend and fellow comedy partner who died last month

10.45 Bod Again: Not the Nine O'Clock News. The inside story of the anarchic sketch show (R)

12.15 Film: The Children (2006) 1.35 Film: Devil of Darkness (1965) 3.00 This Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. 6.15 Jake and the Neverland Pirates. 6.25 Peppa Cat. 6.45 Peppy Cat. 6.50 Cbeebies. (R) 7.00 Cbeebies. (R) 7.10 Bookaboo (R) 7.20 Kick Buttowski - Suburban Daredevil. 7.35 The Avengers: Earth's Mightiest Heroes! 8.00 Gravity Falls. 8.25 ITV News. 8.30 Dinner Date. (R) 8.35 Saturday Cookbook. (R) 10.20 Murder, She Wrote. (R) 11.20 Saturday Extra. 12.20 ITV News: Weather. 12.25 All Star Mr & Mrs. (R) 1.25 Millionaire Matchers. (R) 3.25 Film: Henry Fonda and the Friends of Alcatraz. (2004)

6.00 Regional Programme: Weather

6.15 ITV News: Weather

6.30 You've Been Framed! (R)

7.00 You've Been Framed!

7.30 Your Face Sounds Familiar. Fans of the cribbon-then impersonate one-time line-up of pop and rock stars competing to win £50,000 for charity. Aleisha Dixon and Paddy McGuinness host. Last in the series

8.45 All Star Family Fortunes. Cinnonation Street stars Charlie Condon (Marmus) and Paula Lane (Kylie) team up with their families in an attempt to win big money for charity. Vernon Kay hosts. Last in the series

9.40 The Americans. The Jennings' marriage is under further strain

10.35 ITV News: Weather

10.50 Film: Air America. (1990) Vietnam War comedy adventure with Mel Gibson, Robert Downey Jr, Nancy Travis and Bert Kwouk.

12.55 Jackpot247. 3.00 The Jeremy Kyle Show. USA. 3.45 ITV Nightscreen

CHANNEL 4

6.00 The Treacle People. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 British Rail. 7.00 Thomas the Tank Engine. 7.10 Postman Pat. 7.20 Fireman Sam. 7.30 Peppa Pig. 7.40 Bob the Builder. 7.50 Everybody Loves Raymond. (R) 8.20 Everybody Loves Raymond. (R) 10.00 Frasier. (R) 10.30 Frasier. (R) 11.00 The Big Bang Theory. (R) 11.30 The Big Bang Theory. (R) 12.00 The Simpsons. (R) 12.30 Undercover Bosses: Canada. (R) 1.30 Channel 4 Racing. 4.20 Come Dine with Me. (R) 4.50 Come Dine with Me. (R) 5.20 Come Dine with Me. (R) 5.50 Come Dine with Me. (R)

6.25 Channel 4 News

6.55 Gamedon Clarlen. Short-him following British Muslim as they observe the holy month of Ramadan and talk about the effects of fasting. Part of the 4Ramadan season

7.00 Grand Designs. Kevin McCloud revisits Mimi and Andrea da Costa, who set out to construct a sustainable, two-storey timber house in the Kent countryside, hoping it'll stay green for years. (R)

8.00 I Am X-Men. (2000) Mutant outsiders with strange powers fight to defend mankind from a superhuman terrorist faction. Sci-fi comic book adventure, starring Hugh Jackman and Patrick Stewart.

10.00 I Am Kick-Ass. (2010) Premiere. A teenager sets out to become a superhero but finds himself in grim fighting much more dangerous than in comics. Action comedy starring Aaron Johnson and Nicolas Cage.

12.15 Rude Tube. (R) 1.15 I Am Azeem. (2005) 2.50 Hollyoaks. (R) 5.00 Deal or No Deal. (R)

CHANNEL 5

6.00 Milkshake! 10.15 Power Rangers: Megaforce. 10.40 Singleton. 11.10 Meerkat Manor. (R) 11.45 Sea Rescue: Live Eviction. (R) 1.10 Film: A Bridge Too Far. (1977) Post-based Second World War drama with Dirk Bogarde, Elliott Gould, James Caan, Robert Redford, Jesse Stone: No Remorse. (2010) Detective thriller, starring Tom Selleck.

7.00 Cricket: The Ashes. England v Australia. Mark Nicholas presents highlights of the third day of the Third Test at Old Trafford, where the series passed the halfway point.

8.00 NCIS. Part two of two. The sailor hours in attacked leaving Vance in hospital and Gibbs missing, but with all the Paleshmorin accounted for it is unclear who was responsible. (R)

9.55 NCIS. The agents are asked by the deputy district attorney to search for a missing Navy officer suspected to testify in a forthcoming murder trial. (R)

10.50 5 News Weekend

11.00 Big Brother. Highlights of another 24 hours in the Big Brother house, including coverage of the latest eviction as seen from the point of view of the contestants

11.30 Big Brother's Bit on the Psych. Aj Odudu is joined by a panel of psychologists and celebrity fans to analyse the housemates' behaviour

12.30 SportCasino. 4.00 Nick's Quest. (R) 4.25 Make It Big. (R) 4.50 Roary the Racing Car. (R) 5.00 Angelo in Jam. (R) 5.15 Hana's Helpline. (R)

DIGITAL

BBC Three

7.00 Great Movie Mistakes III. Not in 3D. 8.00 Top Gear. 9.00 I Am... Die Hard with a Vengeance (1995) 11.00 Family Guy. 11.45 American Dad!

BBC Four

7.00 The Comet's Tale. 8.00 Oceans. 9.00 Wallander: The Pyramid. 10.30 Rick at the BBC

ITV2

3.00 Thin Xtra Factor: Boys Rest & Where to Next. 4.00 You've Been Framed! 5.00 I Am: The Lost World: Jurassic Park (1997). 6.00 Film: Hot Fuzz (2007). 11.20 Film: Harold & Kumar Get the Munchies (2004)

ITV3

3.40 Agatha Christie's Poirot. 4.40 Agatha Christie's Marple. 5.50 Foyle's War. 8.00 Agatha Christie's Poirot. 11.00 Cold Blood

ITV4

2.20 Film: Kelly's Heroes (1970) 5.15 Live Pre-Season Football: Monaco v Tottenham Hotspur (Kick-off 5.30pm) 7.35 Black Gold. 8.30 Police, Camera, Action. 9.00 Hell on Wheels. 10.00 I Am: Get Carter (1971)

E4

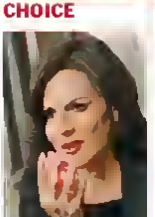
5.30 The Mindy Project. 6.00 The Big Bang Theory. 7.00 Snbrrgstory. 7.30 How I Met Your Mother. 8.30 Happy Endings. 9.00 I Am: My Stepmother Is an Alien (1984) 11.10 PhoneShop. 11.40 The Inbetweeners

Film4

2.45 Little Manhattan (2005). 4.30 Swiss Family Robinson (1960) 7.05 Monster in Law (2005) Benjamin Kennedy starring Jennifer Lopez and Jane Fonda. 9.00 Finney at the Gates (2001) Second World War drama starring Jude Law. 11.30 Adrift (2006) Thriller with Eric Dane and Sharon May Pratt

SUNDAY'S TV 4.08.13

CHOICE



Lana Parrilla

Once Upon a Time
Channel 5, 8pm

There's a new kid in town in the mystery fantasy but who is he? On the morning after the Dark Curse, he and his father enter Storybrooke in the year 1983, but find it hard to leave when Regina invites the pair to stay. When Kurt decides her offer she makes Sheriff Graham arrest him for drunk driving, to ensure he sticks around anyway. However, after witnessing this Kurt grabs his son Owen and runs for the border. Meanwhile in present day Storybrooke, Regina is in mourning over Cora and determined to destroy Snow White.

BBC1

6.00 Breakfast 9.00 BBC News 10.00 Sunday Morning Live 11.00 Bargain Hunt, (R) 11.30 Live Cycling 2.00 BBC News, Weather 2.10 Escape to the Country, (R) 2.55 Earthbeat: Flying High, (R) 3.55 Songs of Praise. 4.60 Live Cycling

6.30 Deadly 60 on a Mission. Steve Backshall researches the lethal animals in Sri Lanka, encountering an elusive leopard, the mugger crocodile, thin Indian rock python and the blue whale. Last in thin series

7.30 Celebrity Mastermind. Famous faces put their knowledge to the test. (R)

7.30 BBC News. Regional News, Weather

8.00 Countryfile. A visit to the Wye Valley on the Welsh English border where Ellin Harrison goes rock climbing. Plus: a report on the controversial method of gas extraction known as fracking, including Weather for the Week Ahead

9.30 The White Queen. A sudden unexpected trim of events leaves Elizabeth devastated — and helps two friends have turned into enemies and family have become monsters as they fight for the throne

10.00 BBC News. Regional News, Weather

10.25 Have I Got a Bit More News for You. Satirical quiz. (R)

11.10 Scam 101 – Extra Storage. With Terry Wogan, Phil Tufnell and Victoria Coren Mitchell. (R)

11.50 The Sky of Night. The team visits the UK's space cluster in Oxfordshire

12.10 Weatherview 12.15 BBC News.

BBC2

6.00 Film: Hindle Wakes. (1952) 7.30 Around the World in 80 Gardens. (R) 8.30 The Beechgrove Garden. 9.00 Gardeners' World. (R) 9.30 Saturday Kitchen Best Bites. 11.00 Raymond Blanc: New Classic Kitchen. (R) 11.30 Film: Fast Finders. 1.25 Flog It! (R) 1.60 Live Golf: The Women's British Open

6.00 Swimming: World Championships. Gabby Logan presents coverage from the Palau Sant Jordi in Barcelona

7.00 Partridge. The inmates face a day of hard labour digging drains on a lonely stretch of moorland — but try to turn the situation to their advantage (R)

8.00 Top Gear. Jeremy Clarkson drives the Jaguar F-Type, Richard Hammond tests the latest Range Rover Sport and Jammy Dodger goes for an adventure in the New Bus for London. Last in thin series,

9.00 Das Auto: The Germans, Their Cars and Us. Dominic Sandbrook traces the history of Germany's automobile industry and explores the role cars have played in changing the global perception of the country.

10.00 The Real White Queen and Her Rivals. Part two of two. The influence on the ex-wife in hall on the monarchy (R)

11.00 Film: Irresistible. (2006) A paranoid homewife becomes convinced another woman is trying to steal her husband and takes drastic steps to protect her marriage. Thriller with Susan Sarandon.

12.45 Sign Zone. Countryfile (R) 1.30 Holby City. (R) 2.35 This Is BBC Two.

ITV

6.00 CITV: Jake and the Neverland Pirates. 6.15 Jake and the Neverland Pirates. 6.25 Peppy Cat. 6.40 Peppy Cat. 6.50 Cbeebies. (R) 7.00 Cbeebies. (R) 7.10 Bookaboo (R) 7.20 Kick Buttowski - Suburban Daredevil. 7.35 The Avengers: Earth's Mightiest Heroes! 8.00 Gravity Falls. 8.25 The Jinny Kyle Show. 10.20 Murder, She Wrote. (R) 11.20 ITV News. Weather. 11.25 Film: Colombo: A Deadly Stain. (1975) 12.00 Love Your Garden. (R) 1.55 Feel Britannia. (R) 2.25 You've Been Framed. (R) 2.50 A Touch of Frost, (R) 5.00 Film: Liar Liar. (1997) Comedy starring Jim Carrey

6.00 Regional Programme: Weather

6.45 ITV News: Weather

7.00 Tipping Point: Lucky Stars. With Fiona Bruce, Rob Langsford and Brian Dowling

8.00 All Star Mr & Mrs. Thirteen couples compete in the West End star Ray Quinn and his wife Emma. TV presenters Lynn Faulds Wood and John Stapleton, and vocal coaches Gareth and Sarah Grant.

9.00 Law & Order: UK. A woman's untidy life is found in the Thames

10.00 ITV News: Weather

10.15 Perspectives: David Suchet – The Mystery of Agatha Christie. The Poirot star explores thin life and work of thin crime writer. (R)

11.15 Murder She Wrote. A friend of Jessica is charged with murder. (R)

12.10 The Store. 2.10 Monk. (R) 2.55 Motorsport UK. 3.45 ITV Nightscreen. 5.00 The Jeremy Kyle Show. (R)

CHANNEL 4

6.00 The Treacle People. (R) 6.10 Thenopain Endurance Series. 7.05 Ironman 2013. 7.35 World Trail Running Championships. 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 8.55 Frasier. (R) 9.30 Sanders Ranch. 12.30 The Big Bang Theory. (R) 1.00 Thin Simpsons. (R) 1.30 Deal or No Deal: Deadfest. 2.30 Film: Thin Spy Next Door. (2010) 4.20 Film: Percy Jackson & thin Lightning Thief. (2010)

6.30 Channel 4 News

6.55 Ramadan Diaries. Short films following Britishness Muslims as they observe Ramadan

7.00 Princess Diana's Dresses: The Auction. The stories behind some of Diana Princess of Wales's most memorable outfits, which were put up for auction, including a velvet gown in which she famously danced with John Travolta. (R)

8.00 The Mill. Esther arrives at a mill to find her assistant overseer Charlie within Sisannah and Daniel get off to a bad start working together and Hannah attends an alcohol-related meeting

9.00 Sex Selfie. New series. Drama set in a fictional market town where a shooting range devastates the lives of residents. A reporter goes in search of answers

10.00 Film: Forrest Gump. (1994) Oscar-winning comedy drama starring Tom Hanks

12.45 Film: The Good Catman. (2006) 2.30 The Island. (R) 2.50 Phil Spencer: Secret Agent. (R) 3.00 Kirstie's Handmade Treasures. (R) 4.00 Deal or No Deal. (R) 4.55 Secret Eaters. (R) 5.50 SuperScrimpers.

CHANNEL 5

6.00 Milkshake! Peppa Pig. 6.05 Roary the Racing Car. (R) 6.15 Fifi and the Flowertots. (R) 6.25 Little Guppies. (R) 6.40 The Mr Men Show. (R) 6.50 Chloe's Closet. 7.00 Rosina's and Custard Tales. (R) 7.10 Barbapapa In Wonderland. (R) 7.20 Noddy in Toyland. (R) 7.35 Milkshake: Monkey. (R) 7.45 City of Friends. (R) 7.55 Little Princess. (R) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) 8.20 Mio Mao. (R) 8.25 Angelina Ballerina. (R) 8.45 Rupert Bear. (R) 8.55 Bert and Ernie's Great Adventures. (R) 9.00 Bob and Holly in Little Kingdom. (R) 9.15 Tory's Travelling Circus. 9.30 Roary the Racing Car. (R) 9.40 Jelly Jamm. 10.00 Power Rangers Samurai. (R) 10.35 Singleton. 11.00 Meerkat Manor. (R) 11.30 Big Brother. (R) 12.30 5 News. Kylie in Supersized Celebrity Sunday. 1.30 World in Word. Holiday Horrors. (R) 2.30 I Am: The Rocketeer. (1991) 4.40 Film: The Man in the Iron Mask. (1998)

7.00 Cricket: The Ashes. England v Australia. Mark Nicholas presents action from Old Trafford, where the Third Test of the five-match series continued with the fourth day's play.

8.00 Once Upon a Time. Regina vows to kill Snow White for her part in Cora's death

9.05 5 News Weekend

9.30 Big Brother

10.00 Film: Made It. (2002) Thriller with Wesley Snipes

12.15 Live/Hate. (R) 1.15 SuperCasino. 4.00 Nick's Quest. (R) 4.25 Make It Big. (R) 4.50 Roary the Racing Car. (R) 5.00 Angelo of Jam. (R) 5.05 Hana's Helpline. (R) 5.20 Angels of Jam. (R) 5.25 The Funky Valley Show. (R) 5.45 Roary the Racing Car. (R) 5.50 Hana's Helpline. (R)

DIGITAL

BBC Three

7.00 Great Movie Mistakes III. Not in 3D. 8.00 Shorties. 9.00 Sex, Sex and Susp nions. Parents. 10.00 Family Guy. 10.25 Family Guy: 200 Episodes Later. 10.45 Sachits. 11.10 American Dad!

BBC Four

7.00 A Poet's Guide to Britain. 7.30 Proms on Four: 20th Century Classics. 9.15 Egypt's Lost Cities. 10.45 Alan Whinker's Journey of a Lifetime. 11.45 Fairport Convention: When Knows Where the Time Goes?

ITV3

3.00 Film: A Cindrella's Story (2004). 4.50 I Am: Step Up (2006) 7.00 Film: Two Weeks Notice (2002). 9.00 I Am: Whip It (2009) 11.00 Totally Knickers Guinness World Records. 11.05 Hell's Kitchen

ITV3

3.00 Film: Carry On Girls (1973) 4.45 Wycliffe. 5.50 Agatha Christie's Poirot. 8.00 I Am: Bird on a Wire (1990) 11.20 A Touch of Frost

ITV4

11.15 Live British Touring Car Championship. 6.00 FIFA Formula 4 Championship: Highlights. 7.00 Good Wood Festival of Speed 2013. 8.00 Premiership Rugby Union: Sevens. 9.00 Film: Tango & Cash (1989) 11.05 Film: Tremors (1989) E4

3.35 How I Met Your Mother. 5.00 Thin Mindy Project. 5.30 The Big Bang Theory. 7.00 New Girl. 7.30 How I Met Your Mother. 8.00 Film: Maid in Manhattan (2002). 10.45 The Inbetweeners. 10.45 Skins: Rise - Part One. 11.45 Don't Trust the B**** in Apartment 23

Film4

3.10 Inspector Gadget (1999). 4.45 In Good Company (2004). 6.55 She's the Man (2006). 9.00 Star Trek (2009). 11.30 12 Rounds (2009).

Monday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Helicopter Heroes. (R) 11.45 Fake Britain. (R) 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection (R) 3.45 Escape to the Country. 4.30 Flog It! 5.15 Pointless. (R) 6.00 BBC News Weather 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. Call Kush Max to help her start with Kirsty. 8.00 BBC News Regional News 8.00 Holby City Serena faces a threat from the past. 9.00 New Tricks. Part two of two. The team comes closer to solving the Grimsby murders. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 Allotment Wars. Doomsmitery lifting the lid on the dirty tricks played by real gardeners. (R) 11.25 Life Savers (R) 12.25 Weatherview. 12.30 BBC News

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.00 Great British Railway Journeys. (R) 7.35 Bargain Hunt. (R) 8.20 Sign Zone Saints and Scroungers (R) 9.05 Restoration Home (R) 10.05 The Chef's Protege (R) 10.35 Click. (R) 11.00 BBC News 11.30 BBC World News. 12.00 Film Pronto (1955) Drama with William Holden. 1.50 Coast. (R) 1.55 Weakest Link. (R) 2.40 Classic Mastermind (R) 3.10 The A to Z of TV Gardening. (R) 3.45 A Taste of My Life. (R) 4.25 Europe A Natural History. (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. (R) 6.30 Great British Railway Journeys (R) 7.00 Top Gear (R) 8.00 University Challenge. 8.30 Raymond Blanc: How to Cook Well 9.00 Rick Stein's German Bite 10.00 QI (R) 10.30 Newsnight. Weather 11.20 Das Auto This Germans, Their Cars and Us. (R) 12.30 Sign Zone Natural World Special Leopards 21st Century Cats. (R) 1.20 This Is BBC Two

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.55 ITV London Weather. 4.00 Midsomer Murders (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 This Is Personal. 9.00 Coronation Street. 9.00 Long Lost Family 10.00 ITV News at Ten Weather 10.30 ITV News London Weather. 10.35 Ben Elton. (R) 11.05 Monk. (R) 12.00 Jackpot247. 3.00 This Jeremy Kyle Show. (R) 3.55 ITV Nightscreen. 5.05 This Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 This Hoobs. (R) 7.00 Hughs 3 Good Things: Best Bites 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.35 Everybody Loves Raymond. (R) 9.05 Fraser (R) 9.35 Frasier (R) 10.05 The Big Bang Theory. 10.35 The Big Bang Theory. 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun (R) 1.05 Film The Thief of Bagdad (1940) Fantasy adventure starring Sabu. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Girshes Fit Yon! House for Free. 9.00 Undercover Boss. 10.00 Rude Tube. 11.05 Random Acts. 11.10 The Dealership. (R) 12.10 Poker: Late Night. 1.00 KOTV Bikers Weekly. 1.35 Beach Volleyball. 2.25 The Grid. (R) 2.50 British F3. (R) 3.20 Ironman 2013 (R) 3.50 World Trail Running Championships. (R) 4.15 Phil Spencer Secret Agent (R) 5.10 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Hotel Inspector Returns (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.15 NCIS (R) 3.15 Film Amber's Story. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. (R) 6.30 NewsTalk Live. 7.00 Monkey Life. (R) 7.30 Highland Emergency. (R) 8 News Update. 8.00 The Kids with No Memory: 5 News at 9. 9.00 CSI: NY. 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 CSI: Crime Scene Investigation. (R) 12.55 SuperCasino. 3.55 Great Artists (R) 4.20 House Doctor (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Her Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Helicopter Heroes. (R) 11.45 Fake Britain. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection (R) 3.45 Escape to the Country. (R) 4.30 Flog It! 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. Call Keith Max to help her start with Kirsty. 8.00 BBC News Regional News. 8.00 Holby City Serena faces a threat from the past. 9.00 New Tricks. Part two of two. The team comes closer to solving the Grimsby murders. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 Allotment Wars. Doomsmitery lifting the lid on the dirty tricks played by real gardeners. (R) 11.25 Life Savers (R) 12.25 Weatherview. 12.30 BBC News

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.00 Great British Railway Journeys. (R) 7.35 Bargain Hunt. (R) 8.20 Sign Zone Saints and Scroungers (R) 9.05 Yorkshire Seen Scammed. (R) 9.35 The Chef's Protege. (R) 10.05 The Chef's Protege. (R) 10.35 HARDtalk (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film: Jules Verne's Rocket to the Moon. (1967) Sci-fi comedy starring Terry-Thomas. 1.55 The Super League Show. 2.40 Classic Mastermind (R) 3.10 This A to Z of TV Gardening. (R) 3.55 A Taste of My Life (R) 4.25 Europe A Natural History. (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. (R) 6.30 Great British Railway Journeys (R) 7.00 Top Gear (R) 8.00 University Challenge. 8.30 Raymond Blanc: How to Cook Well 9.00 Rick Stein's German Bite 10.00 QI (R) 10.30 Newsnight. Weather 11.20 Das Auto This Germans, Their Cars and Us. (R) 12.30 Sign Zone Natural World Special Leopards 21st Century Cats. (R) 1.20 This Is BBC Two

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.55 ITV London Weather. 4.00 Midsomer Murders (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Eyes Wide Shut. 9.00 Love Your Garden. 9.30 Stephen Fry's Key to the City. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Piers Morgan's Life Stories: Richard Madeley. (R) 11.35 Film Night. 12.25 Jackpot247. 3.00 The Jeremy Kyle Show. 3.40 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 Hughs 3 Good Things: Best Bites 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.35 Everybody Loves Raymond. (R) 9.05 Fraser (R) 9.35 Frasier (R) 10.05 The Big Bang Theory. 10.35 The Big Bang Theory. 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 Film Cocoon. (1985) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Kirshes Fit Yon! House for Free. 9.00 Undercover Boss. 10.00 Rude Tube. 11.05 Random Acts. 11.10 The Dealership. (R) 12.10 Poker: Late Night. 1.00 KOTV Bikers Weekly. 1.35 Beach Volleyball. 2.25 The Grid. (R) 2.50 British F3. (R) 3.20 Ironman 2013 (R) 3.50 World Trail Running Championships. (R) 4.15 Phil Spencer Secret Agent. (R) 5.10 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Hotel Inspector Returns (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.15 NCIS (R) 3.15 Film Amber's Story. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. (R) 6.30 NewsTalk Live. 7.00 Monkey Life. (R) 7.30 Highland Emergency. (R) 8 News Update. 8.00 The Kids with No Memory: 5 News at 9. 9.00 CSI: NY. 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 CSI: Crime Scene Investigation. (R) 12.55 SuperCasino. 3.55 Great Artists (R) 4.20 House Doctor (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Helicopter Heroes. (R) 11.45 Fake Britain. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection (R) 3.45 Escape to the Country. (R) 4.30 Flog It! 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. BBC News Regional News. 8.00 Celebrity MasterChef John Thomson Phillips Iriown Denies Black and Adrian Edmondson get cooking. 9.00 Who Do You Think You Are? Actress Minnie Driver researches her father's background. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Call Centre. New series. Documentary charting life at a call centre in Swansea. 11.35 The League Cup Show. 12.35 Weatherview. 12.40 BBC News

BBC2 6.00 Homes Under the Hammer (R) 7.00 Great British Railway Journeys. (R) 7.30 Bargain Hunt. (R) 8.15 Sign Zone Saints and Scroungers (R) 9.00 Rick Stein's India (R) 10.00 Helicopter Heroes Down Under (R) 10.30 This Chef's Protege. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film: The French Line (1953) Musical, starring Jane Russell. 1.35 Coast (R) 1.45 Weakest Link (R) 2.30 Classic Mastermind (R) 3.00 This A to Z of TV Gardening. (R) 3.45 A Taste of My Life (R) 4.15 Journeys into the Ring of Fire (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. (R) 6.30 Great British Railway Journeys (R) 7.00 A Summer in Wales 8.00 Restoration Home 9.00 Queen Victoria's Children (R) 10.00 This Culture Show: Venice – A Tale of Two Cities. 10.30 Newsnight. Weather. 11.20 Dara O Briain's Science Club. (R) 12.20 Sign Zone: The Secret Life of the Sun. (R) 1.20 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.55 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 You Saw Them Here First. 9.00 Neighbourhood Force. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film. Inside Man (2006) Thriller starring Denzel Washington and Clive Owen. 12.55 Jackpot247. 3.00 British Tonning: Car Championship. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 Hughs 3 Good Things: Best Bites 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.35 Everybody Loves Raymond. (R) 9.05 Fraser (R) 9.35 Frasier (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 Film Cocoon. (1985) Supershimmers 1.10 Film Rat Race. (2001) Comedy starring Rowan Atkinson. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 How Not to Get Old. 9.00 24 Hours in A&E. 10.00 The Last Lap. 10.50 Crash for Cash. (R) 11.40 Random Acts. 11.45 Undercover Boss. (R) 12.45 Shameless USA. 1.35 Film This Electric Horseman (1979). 3.30 Phil Spencer Secret Agent. (R) 4.30 SuperScrimpers. 4.50 Deal or No Deal. Deadliest. (R) 5.45 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Traders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film: Killer Flood: The Day the Dam Broke. (2003) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. (R) 6.30 NewsTalk Live. 7.00 Emergency Vets. (R) 8 News Update. 8.00 Nurses. 5 News at 9. 9.00 Big Brother. 10.00 Love/Hate. 11.10 Big Brother's Bit on the Side. 12.10 National Heads Up Poker Championships. 1.10 SuperCasino.

Thursday

BBC1 6.00 Breakfast. 9.15 Her Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Helicopter Heroes. (R) 11.45 Fake Britain. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. (R) 3.45 Escape to the Country. (R) 4.30 Flog It! 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. Lauren ignores her family's concerns and tries to reconnect with her friends. BBC News. Regional News. 8.00 Celebrity MasterChef. The contestants get their first taste of working in a restaurant setting. 9.00 The Field of Blood. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Who Do You Think You Are? (R) 11.35 Film: Final Analysis. (1992) Thriller starring Richard Gere. 1.35 Holiday Weatherview. 1.40 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 Great British Railway Journeys. (R) 7.35 Bargain Hunt. (R) 8.20 Sign Zone: Saints and Scroungers (R) 9.05 The Sheriffs Are Coming. (R) 10.05 The Chef's Protege. (R) 10.35 HARDtalk (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film: The French Line (1953) Musical, starring Jane Russell. 1.35 Coast (R) 1.45 Weakest Link (R) 2.30 Classic Mastermind (R) 3.00 This A to Z of TV Gardening. (R) 3.45 A Taste of My Life (R) 4.15 Journeys into the Ring of Fire (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. (R) 6.30 Great British Railway Journeys (R) 7.00 A Summer in Wales 8.00 Gardeners' World. 9.00 Natural World: Sri Lanka, Elephant Island. 10.00 The Trip (R) 10.30 Newsnight. Weather. 11.05 Film: Good Night, and Good Luck. (2005) Fact-based drama, starring David Strathairn. 12.30 Sign Zone: The Genius of Turner: Painting the Industrial Revolution (R) 1.30 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.55 ITV London. Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Peter Monsters. (R) 9.30 Coronation Street. 9.00 Doc Martin. (R) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film: Bridget Jones's Diary. (2001) Romantic comedy with Renee Zellweger. 12.25 Jackpot247. 2.00 Film: Columbo The Greenhouse Jungle. (1972) Crime drama, starring Peter Falk. 4.15 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 This Hoobs. (R) 7.00 Hughs 3 Good Things: Best Bites 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.35 Everybody Loves Raymond. (R) 9.05 Fraser (R) 9.35 Frasier (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. (R) 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 Film: Young Sherlock Holmes. (1985) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Four Rooms. 9.00 8 Qnt of 10 Cats Does Countdown. 10.00 Sarah Millican: Challenge Live. (R) 11.05 Rude Tube. (R) 12.05 Random Acts. 12.10 Film: Miss Meritate. (2010) 2.00 Home Girl. 2.30 The Mind Project. 3.00 Accidentally on Purpose. (R) 3.15 The Ricky Gervais Show. 3.40 St Elsewhere. (R) 4.30 Deal or No Deal. Deadliest. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Billion Dollar Wreck. Hunt. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: A Decent Proposal. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. (R) 6.30 NewsTalk Live. 7.00 Cricket: The Ashes. 5 News Update. 8.00 World's Busiest Train Station. 9 News at 9. 9.00 Big Brother: Live Eviction. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother Live from the House. 12.00 SuperCasino. 3.55 Motorsport: Mubneel. 4.20 Divine Designs. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Her Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Helicopter Heroes. (R) 11.45 Fake Britain. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. (R) 3.45 Escape to the Country. (R) 4.30 Flog It! 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Nigel Slater's Diary of the Day. (R) BBC News. Regional News. 8.00 EastEnders. 8.30 Celebrity MasterChef. Past champions Emma Kennedy and Phil Vickery help judge the contestants' dishes. 9.00 The Field of Blood. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Would I Lie to You? (R) 11.05 Premiere. 11.35 Film: Grosse Pointe Blank. (1997) Black comedy drama, starring John Cusack. 1.20 Weatherview. 1.25 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 Great British Railway Journeys. (R) 7.30 Bargain Hunt. (R) 8.15 Sign Zone: Saints and Scroungers. (R) 9.00 Hercules: Islands on the Edge. (R) 10.00 Animal Park. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film: Last Train from Gun Hill (1957) Historical drama, starring Jean Seberg. 1.45 Weakest Link. (R) 2.30 Classic Mastermind (R) 3.00 The A to Z of TV Gardening. (R) 3.45 A Taste of My Life. (R) 4.15 Journeys into the Ring of Fire. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Great British Railway Journeys. (R) 7.00 A Summer in Wales. 8.00 Gardeners' World. 9.00 Natural World: Sri Lanka, Elephant Island. 10.00 The Trip (R) 10.30 Newsnight. Weather. 11.05 Film: Good Night, and Good Luck. (2005) Fact-based drama, starring David Strathairn. 12.30 Sign Zone: The Genius of Turner: Painting the Industrial Revolution (R) 1.30 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 The Hungry Sailors. 3.00 Secret Dealers. 3.55 ITV London. Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Peter Monsters. (R) 9.30 Coronation Street. 9.00 Doc Martin. (R) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film: Bridget Jones's Diary. (2001) Romantic comedy with Renee Zellweger. 12.25 Jackpot247. 2.00 Film: Columbo The Greenhouse Jungle. (1972) Crime drama, starring Peter Falk. 4.15 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 This Hoobs. (R) 7.00 Hughs 3 Good Things: Best Bites 7.15 According to Jim. (R) 7.40 Will & Grace. (R) 8.05 Everybody Loves Raymond. (R) 8.35 Everybody Loves Raymond. (R) 9.05 Fraser (R) 9.35 Frasier (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. (R) 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 Film: Young Sherlock Holmes. (1985) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Ramadan Diaries. 8.00 Four Rooms. 9.00 8 Qnt of 10 Cats Does Countdown. 10.00 Sarah Millican: Challenge Live. (R) 11.05 Rude Tube. (R) 12.05 Random Acts. 12.10 Film: Miss Meritate. (2010) 2.00 Home Girl. 2.30 The Mind Project. 3.00 Accidentally on Purpose. (R) 3.15 The Ricky Gervais Show. 3.40 St Elsewhere. (R) 4.30 Deal or No Deal. Deadliest. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Billion Dollar Wreck Hunt. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: A Decent Proposal. (2006) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Animal A&E. (R) 6.30 NewsTalk Live. 7.00 Cricket: The Ashes. 5 News Update. 8.00 World's Busiest Train Station. 9 News at 9. 9.00 Big Brother: Live Eviction. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother Live from the House. 12.00 SuperCasino. 3.55 Motorsport: Mubneel. 4.20 Divine Designs. (R)

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Food & Drink

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The Sunday roast dinner is Britain's riskiest dish to cook

A RISK assessment of kitchen hazards by home insurance experts Zurich has put the Sunday Roast at the top of the list of the riskiest meals to prepare, ahead of Chicken Tikka Masala and the Full English Breakfast.

Zurich's modern risk assessors ranked UK culinary favourites as part of its 2013 audit of risks in the kitchen – which is where more than half of accidental fires in the home are started.

Britain's top five riskiest dishes:

1. Sunday Roast – Risk rating: 73 / 100
2. Chicken Tikka Masala – Risk rating: 54 / 100
3. Full English Breakfast – Risk rating: 39 / 100
4. Fish and Chips – Risk rating: 38 / 100
5. Bangers and Mash – Risk rating: 30 / 100

Britain's least risky dishes:

1. Beans on toast – Risk rating: 02 / 100
2. Boiled egg and soldiers – Risk rating: 11 / 100

The elements that put the Sunday Roast top of the ranking include the risk involved with simultaneously cooking a variety of ingredients, the number of knifes needed for peeling and chopping, the potential for pans to boil over and the severity of burns which could be caused by hot oil, spitting fat or heat from the oven.

Shelina Permalloo, Winner of Masterchef 2012, adds: "Given the number of elements and crucial timing involved in cooking a Sunday roast dinner, it's not surprising it's the riskiest to prepare. It's important to give yourself plenty of time – running around like a headless chicken will undoubtedly lead to an accident.

"Make sure you have all the preparation, such as peeling and chopping, done before you start on the cooking – trying to do everything at once is tricky to manage. Don't be distracted as pans on the hob can easily boil over and roast potatoes in oil can get dangerously hot.

"Preparation in advance will also allow you to relax and enjoy your Sunday roast with your friends and family."

Phil Ost, Zurich home insurance expert said: "The modern kitchen is a feast of gadgets and gizmos which can easily become a recipe for disaster.

"Celebrity chefs such as Heston Blumenthal and TV programmes like Masterchef have inspired many of us to get experimenting in the kitchen, with the likes of blow torches, deep fat fryers and mandoline slicers now common place.

"However, our 2013 risk assessment shows that it's the more you have going on at once when cooking which is likely to result in an accident – with the greatest danger being a fire.

"So it's not surprising that the Sunday roast dinner – often described as being like a 'military operation' – tops the list of Britain's riskiest dishes.

To calculate the risk of the individual cooking processes, Zurich's contemporary risk team broke down each component action required to prepare and cook the dishes, estimating the consequence and frequencies of events and plotting them against the event consequence.

Brits rekindle their thirst for pubs

AS THE WARM weather continues, consumers across the nation are flocking in droves to pubs and restaurants to enjoy the sun. But while consumers may be visiting pubs more while the sun shines, new research from Mintel reveals that they may not be aware of exactly how much alcohol they are consuming. When shown a variety of popular drinks and asked what their alcoholic unit contents were, just 17% of out of home drinkers correctly identified a 25ml shot of spirit and mixer as containing the fewest units.

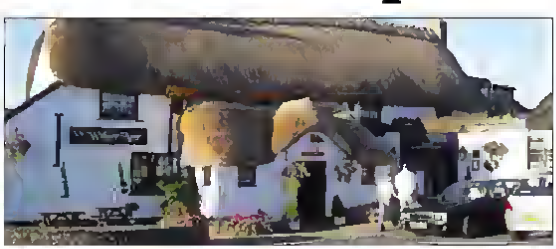
Furthermore, nearly a third (30%) wrongly identified a pint of beer or cider (at 4.5% ABV and around 2.0 units) as having the fewest units, while 20% thought that a large glass of wine (at 12% and 3 units) contains the least units. Highlighting the knowledge gap of today's consumers when it comes to alcohol units, half of out of home drinkers (54%) think that there should be more information about drinking in moderation, with only 14% thinking that binge drinking is in decline.

Chris Wisson-Senior Drinks Analyst at Mintel, said: "The recent good weather has provided a shot in the arm for the UK's pub industry at a time when many consumers claim to be cutting back on drinking out of home. However, there remains a big gap in drinkers' knowledge when it comes to understanding alcoholic drinks and units. This can be particularly problematic if people are driving to and from the pub, with the old adage of staying within legal driving limits by 'only having one drink' not being strictly true. With many pints nudging above 5% ABV, just one pint could put someone over the legal driving limit without their knowledge. The fact that many consumers are keen to learn more about what is in their drinks underlines the need for continued education as misunderstanding appears to be rife."

Some 39% of monthly out of home drinkers are drinking out of home less often, while 30% have cut back on their spending, reflecting the continued trend for declining on-trade footfall and switching to the cheaper in-home channel. Despite this, half (51%) of out of home drinkers have not changed how often they do so or how much they spend (50%) when drinking out of home.

Meanwhile, as part of the government's changes to the 2013 Budget, the tax escalator for beer was axed and 1p was cut from the price per pint, partly driven by attempts to entice people back into pubs. While this has undoubtedly been a positive move, 70% of out of home beer drinkers do not plan to change their consumption as a result, with only 6% expecting to drink more. While the price of beer has been frozen this year, over two thirds (67%) of monthly out of home drinkers already think that drinking out of home is now too expensive, providing the impetus to switch to cheaper in-home drinking.

The increased pub footfall in recent weeks has meant that the success of the beer escalator's removal can only really be judged when temperatures return to more typical levels. Beer is generally the most important



drink category for pubs and the government's decision to scrap the tax escalator has rightly been lauded. However, this alone is unlikely to cause a sea change in behaviour. The recent warm weather has highlighted how Brits' love affair with the pub remains strong, but it also shows how consumers are demanding more from their visits. While the weather is evidently beyond publicans' control, they may be able to entice people back to pubs and justify prices with things which they can control such as a focus on good service, cleanliness and a range of high quality food and drinks," Chris continues.

The social element of drinking in pubs is a major advantage for the on-trade, with 55% of monthly out of home drinkers considering social drinking important to them. Overall, Mintel expects the out of home alcoholic drinks market to continue showing marginal value growth, increasing by 0.3% in 2013 to reach £24 billion. Slow but steady growth is expected to continue over the next five years to reach an estimated £27 billion by 2018, largely driven by inflation. However, volumes have fallen dramatically in recent years, with an estimated 4% decline in 2013, down to 2.8 billion litres. The largest on-trade category, beer, has fared particularly badly with a significant decline in pint sales in recent years. Overall, Mintel forecasts out of home drinking volume sales to continue falling in the coming years, to reach 2.3 billion litres by 2018.

Despite its recent woes, beer is still the main contributor to on-trade alcoholic drink sales, accounting for 52% of the total in 2012 (£11.1 billion). It is followed by wine at 20% (£4.5 billion), spirits and liqueurs at 18% (£4 billion), cider at 7% (£1.5 billion), RTDs at 2% (£405 million) and Champagne/sparkling wine at 1% (£154 million).

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Health benefits of basil

Denise Kelly

ONE OF MY favourite summer dishes has to be tomatoes, mozzarella and basil. The smell is just gorgeous and has summer written all over it!

If a kitchen has only a few herbs in its possession, this time of year basil is likely be one of them. Its fragrant essence combines well with rosemary and thyme in many food dishes such as fish, vegetables, cheese, soups and is one of the main ingredients in pesto, along with pine nuts and parmesan cheese.

Although there are more than 60 varieties of basil they all fall into three main types: sweet, purple, and bush. Each offers a subtle difference in taste. Varieties such as lemon, anise, and cinnamon basil give you an idea of how they might differ. It only takes a few leaves to transform a simple dish.

Basil plants are easy to maintain indoors and out. Snip off budding heads whenever they appear and underneath the base of a leaf near the bottom on spindly stems to keep your plant full, and a new branch will appear.

Basil also is considered one of the healthiest herbs. It's best when fresh, exuding a sweet, earthy aroma that indicates not only the promise of pleasantly pungent flavor, but an impressive list of nutrients. Vitamin K, essential for blood clotting, is one of them.

Just two tablespoons of basil provides 29 percent of the daily recommended value.

Basil also provides vitamin A, which contains beta-carotenes, powerful antioxidants that protect the cells lining a number of numerous body structures, including the blood vessels, from free radical damage. This helps prevent cholesterol in the blood from oxidizing, helping to prevent atherosclerosis, heart attacks, and stroke.

Other vitamins and minerals in basil include iron, calcium, manganese, magnesium, vitamin C and potassium. Not surprisingly, basil also has antibacterial properties and contains DNA-protecting flavonoids. It's the flavonoids and volatile oils in basil that give it the most health benefits, the former protecting on the cellular level, with antibacterial properties related to its volatile oils.

Some antibiotic medications which have been found to be resistant to some of these strains have been inhibited by basil extracts. One of those oils – eugenol – can block the activity of the harmful enzyme cyclooxygenase (COX). This same effect puts basil in the "anti-inflammatory" category because it provides relief from related problems, such as rheumatoid arthritis.

It's easy to grow, it's delicious and so good for you!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

RUN from soda. RUN!

They are packed with SUGAR (even the diet ones) and they raise your blood sugar levels to dangerous highs when you drink it! Plus, if you're trying to shed weight in that belly area, the blood sugar level has a side effect that causes your body to store the excess sugar as fat in cells located in your belly. So stop doing 50 abs everyday if you're going to keep drinking soda!

Thirty minutes is all you need (...if you push yourself)

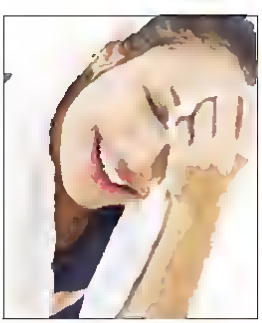
THE RESULTS of a large exercise study have just been published in the leading journal 'Medicine and Science in Sports and Exercise' and have shown that just thirty minutes of exercise, three times a week, can have significant effects on our health, but only if you work hard!

The researchers, who studied 1,250 young adults over a period of 15 weeks, asked participants to exercise for thirty minutes a day, 3 days a week, at 65-85% of their maximum heart rate (which represents the higher end of the effort scale). It was seen that those people who stuck to the protocol and exercised effectively for the full thirty minutes not only had a better BMI (body mass index) to those who didn't, but they also lowered blood pressure, cholesterol and resting heart rate.

The key point of the study was that, whilst just three half hour exercise sessions a week was effective at improving people's health, it only had significant results if for the thirty minute sessions people pushed themselves.

The study shows that you really can't use the excuse of 'but I don't have time to exercise' any longer and now, thanks to the new T3 programmes from fitness-fx, there's no excuse not to push yourself hard for the full thirty minutes either.

fitness fx is one of the UK's leading producers of fitness programmes and DVDs, and the T3 series of workouts offer high intensity exercise sequences featuring dynamic, athletic moves created by some of the world's top fitness presenters – the same experts who train fitness instructors around the globe. These workouts cut straight to the point with effective regimes to get you in shape quickly and effectively. T3 stands for Train, Track and Transform – you'll train smarter, track your results and transform your body! T3 is featured in the latest 13:1 jump fx, fight fx, stomp fx, pump fx and blast fx DVDs.



To buy the 13:1 fitness fx DVDs please visit Amazon, where they are available for just £14.99 each.

More kids playing sport post-London 2012

A SURVEY commissioned by CBBC's Newsround a year after the London 2012 Olympic and the Paralympic Games suggests that more than half of 8-12 year-old kids across the country play more sport now than before London 2012 – but 42 per cent said there was a new sport they wanted to take up after watching the London 2012 games and couldn't.

The survey also suggests that the Paralympic Games were more inspirational as an event for 8-12 year-old children than the Olympic Games.

A year has passed since the nation was gripped by Olympic and Paralympic fever. One of the aims of the 2012 games was to "inspire a generation" of young people to make sport a big part of their lives – so have the nation's 8-12 year-olds been inspired?

CBBC's daily news programme Newsround has commissioned Childwise to canvass opinion from over 1,500 kids from around the country, and found that:

55 per cent of kids say they play more sport now than before the games.

But 42 per cent said there was a new sport they wanted to take up after watching the London 2012 games and couldn't.

Of the above, swimming and tennis come top. A common reason given was a lack of local facilities for their chosen sport (18 per cent of those who gave a reason).

Evidence for the afterglow of the Olympic and Paralympic games was suggested in a range of other answers, too.

When asked to pick from a list of options, what they would most like do in life if they could do anything, kids put winning a gold medal at the Olympics/Paralympics top (27 per cent), ahead of playing Premier League footy (23 per cent), being in a Hollywood film (20 per cent) or winning the X Factor (18 per cent). And hardly any wanted to be Prime Minister – only 12 per cent.

Again, choosing from a list, kids found Mo Farah the most inspirational athlete, followed closely by Tom Daley, Jessica Ennis-Hill, and Ellie Simmonds. And an overwhelming majority of kids said the games made them feel proud of their country – 83 per cent v 7 per cent.

The survey also suggests that the Paralympics also had a profound effect on children across the UK.

Nearly seven in ten (69 per cent) said that the Paralympic games had changed the way they view disabled people, with only 20 per cent disagreeing.

And the Paralympics were seen as more inspiring than the Olympics – 54 per cent said they felt more inspired by them, v 35 per cent who said the Olympics were more inspiring.

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Fashion & Lifestyle

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families feel the squeeze of summer holidays

AS CHILDREN break up for the school summer holidays, new research released by Buyagift com shows Britain s parents spend a staggering £9 5 billion on entertaining their kids during the six week break

A study by the leading online gifting and experience website found most parents spend £1,232 on keeping their children entertained during the summer holiday

Research by Buyagift.com of 1,000 parents found that by the time kids go back to school the average family will have spent, £472 on childcare, £388 on day trips in the UK and £372 on food and drink

The survey found parents are shunning expensive, stressful family holidays in favour of UK day trips, with over a third of British parents deciding not to go on holiday at all this year.

Half of parents say they are put off by the cost, with research showing they spend £853 on entertaining the kids on a one week holiday - more than double the amount spent across the six-week break on one-day trips and activities. Almost one in five (17%) parents say the stress of going away puts them off while the same number say it's too difficult booking time off work.

Debenhams signs London Fashion Week designer Todd Lynn

DEBENHAMS has announced that London Fashion Week designer Todd Lynn is set to join the ranks of its Designers at Debenhams.

Todd Lynn/Edition will be a 12 piece collection comprising outerwear, knitwear and leather and denim separates, keeping true to Todd s formidable style of uber cool, tailored pieces.

Launching in stores and online on 21 October 2013, starting at £55, the collection strikes a balance between luxury fabric and cut and beautiful investment pieces, yet priced for the high street.

Says Debenhams Group Trading Director, Suzanne Harlow, "We are delighted that Todd has come on board as a designer at Debenhams. He is the perfect candidate to join our Edition concept, evolving and complimenting the existing collections with his sharp tailoring and exquisite leather pieces to inject excitement for the autumn winter season.

Says Todd Lynn, "The woman who wears my clothes is fearless, and wants to put a piece of clothing on and feel amazing. I feel like we have made a collection true to my identity.

"Working with the team at Debenhams I feel we have been able to convey my identity in a way that the customer will understand. We've put together the perfect capsule range, encompassing cool, luxurious winter essentials – the leather skirt, the beautiful wool winter coat, the soft leather jacket, the jeans, the dress."

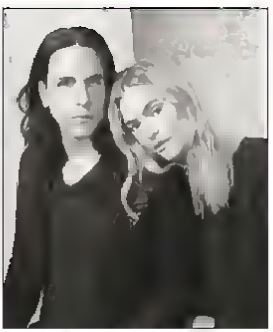
Continues Suzanne Harlow, "It is fantastic to be able to offer our customers such an array of designer names all under one roof– established names including Betty Jackson, Jasper Conran and Julien Macdonald sit alongside newer designers such as Todd Lynn, Jonathan Saunders and Henry Holland."

Todd will join the retailer's Edition platform, a more fluid designer concept where emerging fashion week talent is signed for a minimum of four seasons, with the aim being to identify the next generation of designers at Debenhams.

"I am really proud of what we have been able to achieve and am thrilled to be joining the Edition designers,' concludes Todd.

The move to bring Todd on board follows hot on the heels of Debenhams' recent new designer signings, milliner Stephen Jones and menswear talent Patrick Grant of Saville Row tailor E Tautz.

Born in Canada, Todd graduated from



Central St Martins with an MA, and spent much of his early career working with Roland Mouret. Since starting his own label in 2000, he has dressed music legends including Bono, Mick Jagger, Beyonce, Janet Jackson and The Klaxons in his signature androgynous tailoring style.

Todd Lynn/Edition launches in 20 stores and online at debenhams.com on 21 October 2013.

Horoscopes

Horoscopes from Kimi
2nd August – 8th August

Aries

Life has certainly thrown you some curved balls for some time now but you are beginning to enter a really positive phase in your life. You are moving from the frenetic to the enigmatic and serene- embrace it. On the work front there is change too- you will find that you are no longer firefighting but fired up!

Taurus

You may have to make some difficult choices this week between duty and popularity. Make the right choice and although you may encounter short term negativity you will gain the future respect of your peers. This week should bring you really good and quite unforeseen news in terms of future career development or financial investment and from an unexpected source.

Gemini

You may be dragged into a conflict this week through no fault of your own. You instinctively know why others are trying to embroil you in this negativity- it is to deflect away from their own failings. Regardless of the unfairness of the situation don't get involved. Soon you can make your position clear- when tempers have cooled.

Cancer

Stop rushing. You will only be truly happy when you find the wisdom to know the difference between what you can and cannot change and the strength to accept what you cannot. Do this and the realization that you have to be at one with your surroundings will bring true karma, inner peace and a feeling of wellbeing!

Leo

You are called upon to show a little humanity and humility this week when dealing with others. Try to be kind. Because you have been going through a difficult phase it is all too easy not to see that ray of sunshine that is peeking through the cloudy sky. Don t miss it; there is a glorious day ahead.

Virgo

You are in a philosophical mood this week and beginning to question what it is that makes you! All too often when asking these wondrous questions we can feel emotionally shaky. Try not to let this happen- part of the answer is it is the small things that bring meaning to our lives- like friendships and our loved ones.

Libra

Well! A good week is predicted for you- on pretty much all fronts if you listen to that little voice inside your head. However- you will need to stay in control. By all means take advice from others as to what options to pursue but remember in the final analysis you are the expert on you!

Scorpio

This is a week of passion- energy and learning. You should feel totally invigorated and amazingly positive. Well we know that this way of thinking acts as a force for change and creates opportunities but just make sure that you still have your wise head on when it comes to taking risks. A little caution wouldn t go amiss!

Sagittarius

You know the saying- sometimes we "cannot see the wood for the trees"- well this week you need to keep that metaphor at the forefront of your mind. You have lots going for you if you only took a look- and most of it is right in front of your nose. Great opportunities and people who care!

Capricorn

There will be some challenges on the work front this week but you are able to overcome them with your forthright- no nonsense approach and downright dogmatic sense of- a problem is only a solution waiting to happen. Domestically you are having to make certain adjustments but that done you are in for quite a happy period on this front.

Aquarius

Things are still moving forwards positively albeit- not as quickly as perhaps you would like. So give yourself a little breather and time to reflect on how far you have come over the past few weeks. Now would be a good opportunity to open up a little more on the emotional level too and just see what's out there!

Pisces

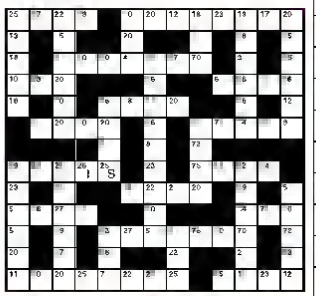
You can't make an omelet without breaking eggs may be your motto this week but it won t get you very far! How about sometimes you have to move backwards- in order to go forwards. In other words try a little diplomacy, understanding and compromise if you want to get things done or you want a loved one to hear you.

Brain Gym

No.129

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



Last week's solution:

1	2	3	4	5	6	7	8	9	10	11	12	13
V	C	S	L	K	M	X	W	Q	E	A	J	U
14	15	16	17	18	19	20	21	22	23	24	25	26
Y	B	H	T	F	N	Z	R	Q	D	G	P	I

Wordsquare

L	T	G
E	E	L
Y	E	N

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

5 words - average,
9 words - good,
12 words - very good,
15 or more - excellent

Last week's solutions

hand, hane, bang, banged, beading, bean, beaned, beanie, been, began, bega, beheading, behind, being, bend, bhang, bind, bine, bing, binge, dang, dean, deign, dene, dine, ding, gain, gaine, game, gane, gean, hand, hang, hanged, heading, heed, hind, hinge, hinged, need, neigh, neighed, nigh

Double Crossword

Choose either quick or cryptic clues

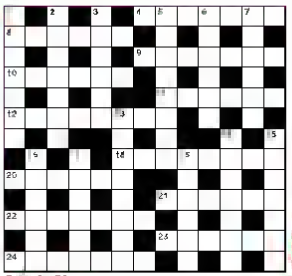
Cryptic Clues:

Across

4. Present-day attitude about one kind of tissue (7)
9. A stretcher that is left lying about (6)
10. How the horseman makes a street journey (7)
11. Innumerable forgotten relations are (6)
12. The private soldier shows acrimony we hear (5)
13. Ironmongery and what it will stand by the sound of it (6)
18. Wholesale slaughter that's a nerve on pressure (8)
20. Gas tube toasted round an Inserben (6)
21. A talker but he's usually shut up! (5)
22. Endless mad rush created an impression on (7)
23. He is third but I am first (6)
24. Privilege is new suit of clothes as compensation (7)

Down

1. More than one detective hustles all over the place (7)
2. Monumental figure having right physical height (7)
3 & 17 Dn. Appropriate implement a steward may use to choke a bird (12)
5. Id returned to emphasise the misfortune (6)
6. Closely studying Post Office telephone call (6)
7. Gloomy study to have a depressing effect (6)
13. The same term for electrical accessories (8)
14. She works at playtime (7)
15. Declining a musical adaptation (7)
16. Part of a period costume to create a commotion (6)
17. See 3 Down
19. They have a variety of means to go round the East (6)



Quick Clues:

Across

4. Allure (7)
8. Required (6)
9. Projectile (7)
10. Look at (6)
11. Really (5)
12. Stimulating (8)
19. Left to choose (6)
20. Drive forward (6)
21. Wrench (6)
22. Broadcast (7)
23. Accent (6)
24. Relies (7)

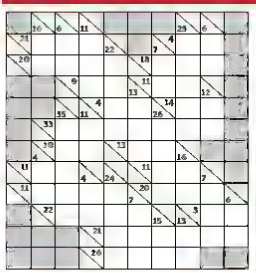
Down

1. Disrobe (7)
2. Marine bird (7)
3. Dread (6)
5. Dusk (5)
6. Dwell (5)
7. Visitor (6)
13. Solitary (8)
14. Increase (7)
15. Slim (7)
16. Decorated (6)
17. Ell (6)
18. Communicate (6)

Last week's solutions.

CRYPTIC: Across 1 Roof-gardens; 9 Av 10 Avalanche 11 Ascot; 13 Two-set 14 Hangar 18 Assist 19 Trodden 19 Royal 20 Sure thing 21 Hue 22 Merry widows. Down 2 Of; 3 Feast 4 Awaits 5 Diarise 8 Necessary 7 Parachutist; 8 Teetotaller 12 Compromise 15 Author 17 On view 19 Regal 21 Hew. QUICK. Across 1 Predecessor 9 Nip 10 Trample 11 Offer 13 Minister 14 Cynics 19 Egest; 18 Tangled; 19 Tight; 20 Emanate; 21 Age. 22 Alternately. Down 2 Fig 3 Deter 4 Gemmit 5 Sapling 6 Opening 7 Unconcerned, 8 Detestation, 12 Financial 15 Collide 17 Attain 18 Treat 21 All

Kakuro



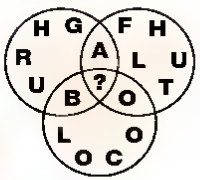
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's seluhens

The letter represented by the question mark is C. Coltrane, Brubeck, Hancock, all jazz musicians.

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

	R			
			A	
A				
				T
		A		

A

A	G	O	T	E
G	R	A	L	E
R	A	C	A	L
T	A	R	E	G
A	R	A	C	E

B

Last week's solutions

Total, Okapi, Tapas, Apart, Lists

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

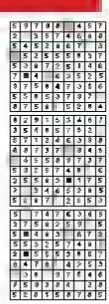
9				7			2	
	1			8	6			9
	7	6			3	1	5	8
			8				7	4
5		4					8	6
2	8				4			
7	4	9	3			8		2
			2	4			6	
	2			9		4		7

Intermediate

4	3				2	6		5
		1		7				2
6				5	4			
		9			6		1	8
		6		8		5		
8	5		9			7		
			8	6			5	
1	6			4				
		8	2				9	6

Difficult

		2		5	9	4		
		6				2		
	4				2		1	
	8		9			7		
6				1				
	5				4		8	
	6		5			4		
		7			1			
	4	9						



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Brits reveal they let their hands loo-se when cleaning the toilet

ALMOST half of all Brits questioned in a recent survey admitted to not wearing rubber gloves whilst cleaning the toilet.

The survey of over 1,000 people carried out by household cleaning brand bizzybee, looked in to the cleaning habits of the nation and revealed some surprising statistics, from what our hands say about us, to when we do or don t choose to wear rubber gloves.

Despite being one of the dirtiest cleaning tasks almost half (48 4%) of respondents claimed they never wear gloves when approaching the unappealing task of cleaning their toilet. Surprisingly the younger generation appear to be more clued up when it comes to cleaning the lavatory with just 29 6% of 18-24 year olds going gloveless, rising to 53.4% of respondents between the ages of 55-64.

Putting a spotlight on male bravado, women are almost twice as likely to wear gloves whilst doing the washing up, with just 21% of men willing to put a pair of gloves on to protect their skin from dirt, grease, soaps and detergent, not to mention hot water.

This unique research undertaken by bizzybee, manufacturer of rubber gloves, cloths and scourers, also highlighted the public's perception of what your hands say about you, with 68% of respondents agreeing that your hands can be an easy way of telling someone's age.

Beccy Sandhar, a spokesperson from bizzybee, said: "Our research has revealed some shocking statistics on the nation s cleaning habits. Cleaning tasks in the home such as the toilet, oven and shower often require very hot water, cleaning detergents, chemicals and a lot of elbow grease which can put a lot of strain on our hands.

"Wearing rubber gloves whilst performing all cleaning tasks protects from the spread of germs as well as keeping your hands safe from anything cleaning can throw at them. Our hands are hard workers and with the vast majority of people agreeing that looking after your hands is important, there really is no excuse to not wear your gloves when cleaning."

Top five cleaning activities where gloves are not worn

1. Dusting (84.7%)
2. Wiping down worktops (81.5%)
3. Hand washing clothes (65.1%)
4. Cleaning the bath (63.9%)
5. Cleaning the hobs (63 0%)

Top five cleaning activities where gloves are worn

1. Cleaning the oven (53 1%)
2. Tidying the garden (46 8%)
3. Cleaning the loo (45.2%)

4. Washing dishes (32.9%)
5. Cleaning the sink (30.8%)

Top five cleaning activities where gloves are not worn – male

1. Wiping down worktops (83 8%)
2. Dusting (82 6%)
3. Washing the dishes (73 5%)
4. Cleaning the sink (70.7%)
5. Cleaning the bath (70.2%)

Top five cleaning activities where gloves are not worn – female

1. Dusting (86.0%)
2. Wiping down worktops (79 9%)
3. Cleaning the hobs (62 5%)
4. Hand washing cloths (62 0%)
5. Cleaning the bath (59 9%)

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Please note there is a Clarence House only option available for this excursion

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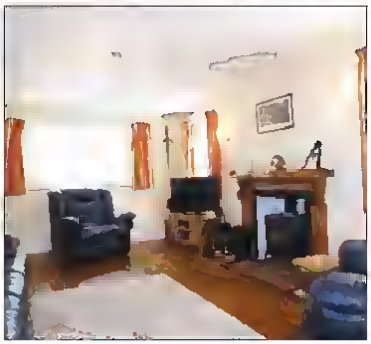

Rent rises stall in June as new buyers leave rental market

RENTS held steady in June, defying the usual seasonal increase of the last five years, as the surge in first time buyer numbers eased the strain on the rental market, according to the latest Buy-to-Let Index from LSL Property Services plc.

The average rent in England and Wales remains the same as in May, at £737 per month. This comes after monthly rental inflation has been slowing for a number of months, and compares to an average 0.8% monthly increase in June over the five years since 2008. The continued slowdown leaves rents only 2.6% higher than in the same month last year – below the rate of CPI inflation (2.9%).

The number of new tenants in June also indicated a slightly cooler rental market. Across England and Wales there were 0.8% fewer new tenancies in June than in May. However, activity has still seen strong annual growth. The number of new lettings in June increased by 3.5% compared to the same month in 2012.

Regional variation remains. Five out of ten regions saw rents rise in June. The sharpest monthly increase was in the East Midlands, where rents have risen 0.7% since May. Second fastest were the North West and South West, with average rents in both regions seeing a 0.5% monthly rise.

The quickest monthly falls were in Wales, where average rents are down 1.9%. Rents in Yorkshire and the Humber fell by 0.6% since May, while the West Midlands saw average rents drop by 0.5%.

Meanwhile, rents in the South East have fallen by 0.4% between May and June, representing a sharp decline from only the previous month. By comparison, between April and May the average monthly rent in the South East had grown by 0.2%.

On an annual basis, rents in seven out of ten regions remain higher than in June 2012. London remains the region with the fastest annual rent rises, up 0.4% from a year ago. However June's figure is much slower than the recent peak of 7.9% rental inflation registered in the capital in March. The East Midlands experienced the second fastest annual rises, with rents up 3.4% in June, followed by the North East with rents on average 2.5% higher than a year ago.

David Brown, commercial director of LSL Property Services, comments: "The proportion of households in the private rented sector is still growing strongly, a trend that's set to continue for the foreseeable future. Yet with better access to finance in the first half of this year, the immediate picture has become far brighter for tens of thousands of first-time buyers. And now these green shoots are starting to bear fruit for those still renting too, as milder competition for tenancies has kept a lid on the cost of renting.

"In the longer-term, the number who can afford to buy a first home will be limited by some fundamental constraints – earnings, and the building of new homes. That's why we expect average rents to at least match wider inflation in the coming years."

For landlords, the total annual return on a rental property remained steady at 5.3% in June, after stronger capital accumulation countered slower rent rises. In absolute terms this represents an average return of £8,763, with rental income of £7,861 and a capital gain of £902. Gross rental yields averaged 5.3% in June, an improvement from 5.2% in June last year.

If rental property prices continue to rise at the same pace as over the last three months, the average investor in England and Wales could expect to make a total annual return of 9.5% per property over the next 12 months – equivalent to £15,773 per property.

David Brown comments: "Rents are still showing strong annual increases. Total returns are the same as a month before, and rental yields still represent a far more generous income than other assets of the same stability. A reinvigorated purchase market will drive more investment in the private rented sector, not less. So as we've started to witness in June, more supply could be good news for tenants as well as landlords."

The total amount of rent late or unpaid increased slightly in June, rising by £4 million since May. Total arrears in June were £280m, compared to £276m in May. This equates to 8.3% of all rent across England and Wales, compared to 8.2% of all rent in May.

David Brown concludes: "Shop price inflation has been above the two percent target since 2009, and the latest spike will have made life even more difficult in June. In real terms, wages are still well below their pre-crash levels, as anaemic wage growth turns each successive month of inflation into a more painful dent in the pocket. In that context, frozen rents for at least one month will be a welcome relief, and may have contributed to a smaller increase in levels of unpaid rent than might have been seen otherwise. The long term trend is for tenants to pay down arrears, and we expect levels of late rent to keep up with the long term improvements that have been clear since 2010."

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ALDWICK BAY ESTATE £450,000

A detached character cottage situated in a private marine estate within 600 yards of the private beach. Successive owners have continued a programme of extension & refurbishment over recent years. The accommodation includes g f h double glazing, cloakrm, extended triple aspect lounge, separate dining room, refitted kit/breakfast rm, utility rm, study, L shaped master bedroom with en suite shower and dressing rm, second bedrm, bathrm, garage and gardens including a superb 130' West facing rear garden. EPC RATING F

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK £500,000

A spacious and interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house. G.F.H. & solar panels, majority dble glazing, impressive dual aspect open plan living rm plus sep. dining area, sun rm, kit/breakfast area, shower rm, first fl reception rm, first floor kitchenette, master bed with en suite shower rm, 2 further bedrms, bathrm, dble garage and good sized grns with access to a small orchard which is collectively owned by the residents. EPC RATING E

ALDWICK £419,950

An exceptional five bedroom det house situated in a cul-de-sac of just four similar properties, located within half a mile of shopping facilities at Rose Green & a little over half a mile to the beach. G.F.H., u.P.V.C. dbl glazing, cloakroom, a dual aspect living room with feature Art Deco style cabinets, a superb kitchen/dining room fitted with an extensive range of hand built solid Beech units and an imaginative display storage unit in the style of a castle, good sized utility rm fitted with matching handbuilt furniture, gr fl bedrm, master bedrm with extensive handbuilt furniture & en suite shower rm, bedrm two, 2 further bedrms, bathrm, double garage & landscaped gardens including a South West facing rear. EPC Rating D

ALDWICK BAY ESTATE £269,950

A ground floor flat situated in a small development in private marine estate approx 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g f h, u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING C

ALDWICK £205,000

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h., delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EPC rating is D

ALDWICK £149,950

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be 'elderly user friendly' with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

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Record fall in cost of car insurance

MOTORISTS will welcome the biggest fall in car insurance premiums ever recorded by the AA's British Insurance Premium Index. The average Shoparound quote for an annual comprehensive car insurance policy fell to £594.86, dropping 9.8% from £659.53 in July 2012.

Simon Douglas, director of AA Insurance, said: "This fall, the biggest the AA's Index has recorded since it started in 1994, is the sixth successive quarterly drop in premiums. It will be welcome news for hard-pressed motorists facing sharp fuel price increases."

The Shoparound index is an average of the five cheapest quotes for each in a nationwide basket of 'customers', from insurance companies, brokers and price comparison sites.

Insurers were facing a fast-widening gap between premium income and claims costs, largely driven by whiplash injury claims and fraud which saw very sharp premium increases between 2009 and 2011," Mr Douglas said.

That gap is closing and premiums are falling again thanks to competition, as well as improved fraud detection by the insurance industry and tightening of the law that is beginning to curb the number of spurious new whiplash injury claims. The news* that hundreds of rogue 'no-win no-fee' claims firms have been reined in is welcome and in part, falling insurance premiums reflect that.

"I hope that Britain's shameful reputation as being the 'whiplash claim capital of Europe' will now be put behind us.

However, Mr Douglas says that the motor insurance industry still faces many challenges - for example bringing down the high frequency and cost of crashes involving young drivers and uninsured driving.

He also points out that the gender-neutral insurance environment, following a European Court of Justice ruling which came into effect last December, has seen premiums for young men falling while those for women have either remained static or have risen by much less than expected.

"The background of falling premiums has helped insurers to more effectively manage the premium gap between men and women, although young drivers have fared least well. Some new and young women drivers will have seen a small premium increase, even after taking their no-claim discount into account."

Mr Douglas expects premiums to continue falling but adds: "The cost of car insurance is still around double what it was six years ago."

Honda tops What Car? reliability chart for eight years running

HONDA has once again been named the most reliable car manufacturer in the annual What Car? and Warranty Direct Reliability Survey. This result means Honda has taken the much sought after title for an unprecedented eight years in a row, further reinforcing Honda's reputation for building rock-solid, dependable cars.

This achievement is attributed to Honda's robust manufacturing practices which have resulted in low failure rates and lower than average repair costs for customers.

The What Car? and Warranty Direct Reliability Survey is based on real claims data and is a compilation of reviews and opinions of over 50,000 car owners. It takes into account the average yearly repair costs, common model issues and the owners' overall reliability score for their car.

Honda models feature prominently throughout the survey with the British built Jazz and Civic continuing to do well in their respective classes, as does the Accord, while the HR-V was named the most reliable compact SUV.

Chas Hallett, editor-in-chief, What Car? magazine added "Eight years at the top of the annual What Car? / Warranty Direct Reliability study is a remarkable achievement for Honda. This study is based on hard facts and figures and is confirmation that Honda makes great cars that are unlikely to let down their owners."

Phil Crossman, Managing Director, Honda (UK) commented, "Reliability is at the heart of all our research, development and manufacturing processes and this ensures we build reliable and high quality cars. We strive to deliver an enjoyable and hassle free Honda ownership to all our customers, from the moment they purchase, right through the lifetime of the car.

"Success in reliability studies further proves the dedication, skill and passion of our engineers, associates and dealer network. We are incredibly proud to be the most reliable manufacturer in the industry – yet again!"

What Car? isn't the only title to recognise Honda's bullet proof reliability. It follows hot on the heels of the Which? Car Reliability and Best Buy survey which saw the Jazz and Insight taking the top spots in their respective categories.

Check out honda.co.uk/cars for further details on Honda's full range of vehicles.

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AND THEY'RE OFF! As the season starts farcically early, Glorious Goodwood is barely finished but many people are already asking me who my runners and riders are for this season. As you would expect, I have been interrogated by fans and colleagues as to the Seagulls progress.

I have seen predictions from 3rd to 11th from some quarters but this year is likely to emulate last season with very little between top and bottom. The bookies (what do they know) have the Seagulls at 7/4 to be in the top 6 and 9/2 to be promoted. From what I've seen in pre-season and the continuity of players still at the Amex I would think they will be similar to my prediction last year when I said my head tells me 8th, my heart says 6th. The news that Craig Mackail-Smith could be out for another 2 months is a blow but Oscar Garcia will continue to strengthen and, in time, enforce his own mode of play.

I'm not going to bang on about Financial Fair Play but parachute payments will help those relegated from the Premier League and Reading have a man at the helm in Nigel Adkins who has done it before. As for QPR under Harry, who knows? This weekend's opponents, Leeds, are still re-building but Brian McDermott knows what he's doing.

Leicester will be strong again, Watford have signed their loanees from last year, and a resurgent Bolton and Nottingham Forest will be up there. Meanwhile it's nice to see a few new faces in Yeovil and Doncaster with AFC Bournemouth a possible surprise package.

Craig Mackail-Smith could be out for another 2 months

Of course I don't have the answers but I'm sure we will be in for one hell of a ride. We start where we ended the away campaign at Elland Road for Leeds. A stunning winner, 3 goals, 3 red cards and the guarantee of a play-off semi final, just another day at the races... under starters' orders...

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Festival cheer as young sailors get onboard

THEY MAY have been enjoying their first fun taste of sail racing action but among them could be a Sir Ben Ainslie or Ian Percy of the future. Almost 30 young sailors made the most of near perfect conditions in Chichester Harbour on Friday evening (26 July) as the Christian Youth Enterprises (CYE) Sailing Centre at Cobnor hosted its first ever West Sussex OnBoard Festival.

OnBoard is the national grassroots initiative from sailing's national governing body, the RYA, providing low cost sailing and windsurfing opportunities for local school and youth groups for kids aged eight to 18.

The youngsters, aged between nine and 16, have all recently learned to sail through RYA OnBoard at CYE, Bosham SC, Bognor Regis YC and Havant Youth Sail Training Scheme (YSTS). The young rookies split into two groups - one group did fun racing while the other did a relay from the beach, then they swapped halfway through.

This was the first an OnBoard Festival has been run in Chichester Harbour and the event was supported by Hampshire-based RS Sailing who kindly provided three RS Q'Bas for the relay race.

Photo credit: Paul Ashton RYA [illegible]

Jake Elsbury, Chief Instructor, CYE, said: "It was great to see local clubs working in co-operation to put this event on and get local youngsters out having fun on the water together."

Owen Scott, 12, from Havant, said: "I liked trying the RS Q'bas out and also winning for HYSTS!"

Sam Rowe, RYA Sailing Development Officer for Kent and Sussex, added: "It was glorious sunshine and Force 2-3 all evening. Although strong tide made things a little tricky for all sailors they coped very well.

"The local OnBoard providers really got behind the idea and put in a lot of time and effort to make it happen. The BBQ afterwards was especially good, bringing sailors, parents and volunteers together to celebrate a great evening on the water. Thank you to CYE for hosting and everyone who volunteered their time on the evening."

Over a 10-year period RYA OnBoard aims to introduce a minimum of 500,000 children to sailing and windsurfing in the UK, converting over 10 per cent of them into regular participants.

For more information about how to get involved with OnBoard in West Sussex contact Sam Rowe at sam.rowe@rya.org.uk or visit the RYA website www.rya.org.uk or the OnBoard website www.ruob.co.uk

Golf

Golfing star makes surprise appearance

NEWLY crowned US Open Champion Justin Rose made a surprise appearance at Goodwood's first Golf Academy Open Day last weekend delighting many of his young fans who were thrilled to see their golfing idol.

The World No 3 golfer and Goodwood's golf ambassador joined the PGA coaching team for the event to give more than 12 families including 23 children a truly memorable day at the award winning West Sussex venue.

Justin was taking a well-earned break with his young family at Goodwood before he bids for his second major title of the year early next month at the US PGA Championship in New York. This season he has been providing invaluable help to the Estate's golfing team promoting its junior program and the inspiration for new golfing stars to emerge throughout the UK.

"Goodwood is a wonderful environment in which to play golf. The setting is inspirational. The attitude of the club to cultivate juniors and create a centre of excellence as the future of the club is a great way of developing some wonderful talent in the South of England," said Justin.

Twenty three children aged from 4-12 years old took part in the one day event designed to encourage youngsters into the sport. Led by Academy Manager Ryan Fenwick the day featured a series of activities including Tri Golf using extra light clubs and balls making it ideal for very young children, putting, chipping, tutored coaching session and family competitions. Each child received a certificate of participation and 7prizes were awarded for the winners of each activity and there was a star prize of a Goodwood Flag signed by Justin Rose.

Also on hand to help throughout the day was Sussex Captain Elodie Yates and Goodwood's Amber Cockram who both compete with more than 100 girls to win the English Girls Amateur Championship in Somerset later this week.

Matthew Callow whose son Harry took part in the day was impressed with the event and commented: "Nowhere else would you find an event for juniors like this one it seems to be that whatever Goodwood does for juniors they do it well. It is fantastic that there is a club that has the 'guts' to risk such an investment into Junior golf, and today is proof that they are starting to build on those fundamentals that have been created in the last year or so".

Justin Rose (left) pictured with Ryan Fenwick after making an appearance at Goodwood

Goodwood will hold a "Pups Mini Tour" event on Wednesday 24th August on the Park Course supported by Callaway. The event is open to youngsters and the format is 7years and under will play a 9 hole flag competition and 8-13 years old will play a 9 hole stroke play event. Tee times start at 9am and entry is £20 per person, to enter contact Ryan Fenwick on ryan.fenwick@goodwood.com

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